

Crystal & Stone Magick



Earth Stones

AMBER is a powerful healing stone which stores a large amount of cosmic and organic energy. Amber is an amplifier, and because it's a fossil (rather than a stone) it has associations with time, cycles and longevity. It is sacred to Freya and can be used in love and sex magic. Unlike Carnelian or some of the other "passion stones" Amber only works in the scheme of things, it calls to those who are destined to be your lover. Amber won't heat up a casual relationship or attract a lover for just a one night stand what it will do is help manifest and solidify the physical side of a relationship.

ARAGONITE The interesting quality of this mineral is that it shows the spherical nature of beingness while it also expresses the aspects of self reaching out to experience life, knowledge, essence. It is an empowerment mineral in the past given to young adults in recognition of the responsibility of adult tasks now being required of them. It possesses the ability to strengthen the internal chakra chord so that it is able to bear more light and, therefore, more "witness" of the higher self. It is a subdued essence of mineral allowing great tranquility and self expression of personal power which may be required of young adults so that their competitive drive can be expressed more toward enthusiastic cooperation. The spherical nature of beingness is what allowed Columbus to first deduce that circumnavigation of the globe was possible. The quality of committing oneself to the proof and attainment of spiritual spherical essence is supported by Aragonite. The knowledge of self as a bundle of vibratory frequency in molecular matter is supported by Aragonite as well. (Activates the 3rd chakra.)

BLACK ONYX stabilizes and strengthens the wearer's energetic foundation by attracting color rays first to the base chakra and then to the other chakras up to the brow. It also serves as a protector and grounder and helps one to recognize and resolve harmful or unwanted habits.

BLOODSTONE is either dark green with red dots or a multicolored earthstone whose mission is primarily with the physical body. Over time it teaches the wearer more about body awareness and highlights areas that need attention. It then begins to bring into one's awareness information about resources to best resolve these physical issues.

CHYSOCOLLA This stone releases stress and is balancing to the emotions and the mind. It strengthens the lungs and thyroid and reduces anger and fear. The color ranges from blue to turquoise. (Acts on the 5th chakra.)

FLUORITE Works with the subconscious mind in straightening your thoughts and reducing emotional involvement in order to gain a more accurate perspective. It strengthens the user's analytical abilities and is useful for theorizing and assimilating information. It quells strong emotions and smoothes thought over the angry sea of desperation, depression and anger.

LODESTONE A power stone used to strengthen spells. Its basic use in magic is attraction. Because it is a natural magnet it is used to draw objects and energies to its

user. It is used in healing to draw out disease and pain from the body. It is carried for luck in gambling and to attract business success.

LABRADORITE A stone which assists one in the discovery and practice of magick, the use of one's powers of mind to affect the physical world. It is said to unleash the power of imagination and to help release limitations.

MALACHITE is a forest green earth stone with black banding. The bands in healing quality stones are well defined and relatively straight. This is the stone for those who wish to develop an intimate relationship with planet Earth. It contains, within its matrix, the historical records of the planet since its formation and will reveal them to the wearer. Malachite works with opening communication within the physical body so all aspect work in harmony. It relaxes muscles and can help one to sleep.

PERIDOT helps to strengthen, detoxify, and heal physical glands and organs. It improves inner as well as outer vision. Peridot allows the mind to reach beyond the small self and experience wholeness. It blocks fragmentation, irreverence and disrespect.

PIETERSITE enhances vision and astral travel. Dispells illusions and promotes loyalty to self.

RHYOLITE is an earth stone that has a strong affinity for the chakras. It balances and aligns the front and back doors of the chakras while simultaneously encouraging each of the chakras to participate equally in supporting the ebb and flow of energy circulating throughout the body. This process assists the wearer to stay grounded and focused in the present.

ROSE QUARTZ Stimulates love and opens the heart Chakra. It is used to promote peace, happiness and fidelity in established relationships. It is used to promote self love and as an aid in meditation.

TURQUOISE -- Are you outgoing, physically active, an open generous person? Turquoise most closely matches your energy. There is an open hearted generosity to turquoise, an effervescent, inclusiveness that people will find irresistible if worn by the right person. It's a dynamic stone.

UNAKITE is an earth stone that focuses on organs, muscle, and soft tissue. It draws out disharmony in the tissues and fascia resulting in a release of negative cellular memory and an increase in fluidity and relaxation.

Agate

Strengthens the sight, balances the energy of the mind-body-emotions-spirit. Helpful for receiving thought transmission.

Amazonite

Soothes nervous system. Strengthens the physical heart. Dispels negative energy. Helps to retain the pure energy of universal love.

Amber

(Fossilised Pinetree Resin)

Helps draw out disease, gives protection, changes negative energy into positive energy and unconditional love.

stimulates the intellect.

Amethyst

Strong protection stone. Promotes general healing, enhances psychic power, strengthens immune system, aids against insomnia. Powerful blood cleanser and energiser. Excellent for meditation.

Ametrine

Works with the energy of amethyst and citrine, raising and extending the power of these two stones. In meditation it helps raise you to a higher state more quickly.

Apache Tear

Provides comfort in a time of grief. Eliminates toxins from the body. Aids in alleviating muscle spasms. Provides protection from physical and emotional harm.

Appetite

Stimulates the intellect, enhances creativity. Heightens psychic ability. Heals the energy systems of the body.

Aquamarine

Helps banish fear and phobia. Engenders peace and calm, giving courage and improved vision (not physical). Alleviates fluid retention. Provides for the alignment of the chakras.

Adventurine

Helps cleanse the body of stress and anxiety. Balances male and female energies, helps with leadership qualities.

Azurite

"Stone of Heaven"

Awakens the development of the psychic self and provides for insight into all areas of your life. Enhances creative ability, clears toxins from the body and strengthens the blood.

Bloodstone

Reduces emotional and mental stress & powerful physical healer. It strengthens & oxygenates the bloodstream & strengthens the heart. This is the stone of courage.

Blue Quartz

Stabilises the metabolic process and the blood. Helpful in relationships. Helps one to speak what's on the mind.

Calcite

Excellent for studying the arts and sciences. It is a world teacher for all humanity. Reduces stress, aids kidney, pancreas, spleen. emotionally balancing. Can be used to decalcification of bone growths. Also a balancing agent for calcium within the body.

Carnelian Aids

and strengthens vital organs. High evolved mineral healer. Energises the blood. Protects against envy, fear and rage. Helps to banish sorrow. Can be used to dispel apathy.

Chalcopyrite

A stone of the mystic. Removes energy blockages. Can completely open Crown Chakra. Excellent for meditation. Good healer and reduces fevers and inflammations. Helps with infective disease. Used for bronchitis and lung disorders.

Chrysocolla

Beneficial for female disorders. High in copper helps alleviate arthritis. Stimulates blood flow and overcome digestive problems. Alleviates fears. Purifies home and the environment.

Chrysoprase

Eases depression. Has a calming and balancing effect. It can help to heal a broken heart. Balances the energy of the body, mind emotions & spirit. Provides a pathway for receiving

thought transmissions.

Citrine

Brings joy and happiness enhances body's healing energies. Raises self esteem. Helpful in problem solving. It does not hold and accumulate negative energy.

Clear Quartz

The stone of power. Assists in retaining calmness & clarity. Promotes patience and restful sleep. Decreases negativity and enhances energy.

Diopside

Good for runners. Helps to eliminate muscle spasms and stitches. Stimulates the intellect, enhances learning. Good for healing those who would not allow themselves to cry.

Dolomite

This mineral can be used to build the body, including muscular structure, blood cells, bones, teeth, nails & skin. Relieves chills. Oxygenates the lungs.

Fluorite

Brings stability and order, balances the positive and negative relationships of the mind. Increases the ability to concentrate & helps to see the truth. Good healer, especially for infections.

Fuchsite

Bringing the light of knowledge. used in conjunction with other minerals will increase energy. Balances red & white blood cell count. Increases the flexibility of muscles.

Garnet

the stone of health. Strengthens and purifies the bloodstream. Stimulates the pituitary gland. It has the power of love & provides a protective influence.

Green Quartz

Keeps the body balanced, transforming negative energy to positive. Attracts success and abundance.

Gold

Attracts honors, wealth, happiness. The master healer. enhances mental faculties. Allows beauty to come from within. Balances energies. Dispels negativity.

Gypsum

this is known as the lucky stone providing a strong influence for bringing good fortune. Helps to produce strong bones. Enhances the elasticity of the skin tissue.

Hematite

The grounding stone. Enhances memory. Stone of the mind. Good healer used in the treatment of leg cramps, blood disorders, breaks, fractures and insomnia.

Howlite

Eliminates pain, stress and temper. Balances calcium levels and strengthens teeth and bones. It helps the memory.

Jade

Provides confidence assisting one in the attainment of self assuredness, self reliance and self sufficiency. Can assist disorders of the heart, lungs, kidneys and spleen.

Jasper

Worn for protection. It will help bring and keep energies high. Helps in the loss of body odour and soothes the nerves.

Kunzite

First holding this stone produces the feeling of a powerful peace. It helps one to be open, strong, loving and vibrant.

Kyanite

Kyanite never needs cleaning or clearing. It will not retain negative energy. Its energy is unlimited in application. It can be used in the treatment of the muscular system, adrenal gland, throat and brain.

Lapis Lazuli

Releases tension and anxiety. aids creative expression and clear insight. Has existed since time

was born. A stone of total awareness. a very good healer.

Lepidolite

Used for stress reduction. A stone of transition which allows for smooth passages during change. It is a calming agent.

Malachite

The stone of transformation. It clarifies the emotions, reduces stress and tension and helps to eliminate pain. It cleans and activates all Chakras.

Mica

It can be used to diminish anger, tantrums and nervous energy. It releases energy blockages, reduces hunger and helps alleviate sleep conditions.

Mimetite

Enhances the spirit of adventure. It is used to correct conditions of atrophy, immobility, skeletal disorders and disorders of the throat.

Moonstone

Excellent for women with hormonal and/or menstrual problems. It brings calmness coupled with awareness and relieves anxiety and stress. It is an emotional balancer.

Moss Agate

Helps in the acquisition of riches. This stone is also used in the treatment of fungal infections, body toxins, colds and flu and disorders of the eye.

Obsidian

Allowing one to see one's flaws and the required course of action. It reduces stress and is also a powerful healer. This stone has grounding energy and dispenses negativity.

Onyx

enhances self control. Encourages happiness and good fortune. Absorbing from the universe the energies needed for this. Highly inspirational. Relieves stress.

Opal

Known as the stone of happy dreams and changes. Used to purify the blood and kidneys, fevers, eye disorders and comfort in childbirth.

Peridot

Opens new doors of opportunity. Purifies the body and balances mind and body. reduces stress, accelerates personal growth. Helps to regulate cycles in one's life. A protection stone. A good healing stone.

Pyrite

Improves circulation, aids digestion, enhances emotional body. Shields from negative energy. Helps with disorders of the lungs. Strengthens the will.

Ruby

Spiritual wisdom, health, knowledge and wealth. The shielding stone. Releases spiritual blockages.

Rhodochrosite

"the stone of love and balance" provides love and balance on all levels of all bodies. Taken as an elixir it assists in the relief of internal infections, ear and sinus inflammations, ulcers etc. Can be used for skin disorders.

Rhodonite

Aids central nervous system. Reduces stress and promotes coherence. Balances the Yin Yang energy. Improves memory. Strengthens immunity.

Rose Quartz

Known as the "stone of gentle love" bringing peacefulness and calm to relationships. Reduces stress and tension. It cools hot tempers and lessens haste. It helps clear stored anger, guilt, fear and jealousy.

Rutilated Quartz

Intensifies the power of clear quartz. Very powerful healer. works on all emotional, mental and physical levels. It helps with depression stimulates brain functions and regeneration of tissue throughout the body.

Sapphire

Aids the entire glandular system. It dispels unwanted thoughts and bring joy and peace of mind. This is known as the stone of prosperity. It also combats excess bleeding and strengthens the walls of the veins.

Selenite

For regeneration of the cellular structure. Aids the fight against cancer, tumors, age spots, wrinkles and light sensitivity. A stone of stability, for epileptic disorders and to help extend life span.

Smoky Quartz

Enhances dream awareness. Removes negativity on all levels. Aids in dispelling depression. The grounding and protecting stone of co-operation. Strengthens adrenals, kidneys and pancreas. Balances sexual energies.

Sodalite

Strengthens metabolism. Balances endocrine system. Slightly grounding enhances communication.

Spinel

Increases the positive aspects of one's personality. Brings rejuvenation to that which is beginning to degrade.

Tektite

Carrying tektite acts to strengthen ones energy field. A powerful stone relating to spirituality and meditation. It is used in the treatment of fevers. Stimulates a balance in circulation.

Tiger Eye

Helps soften stubbornness. Balances the Yin Yang energy. Balances both hemispheres of the brain. Aids in night vision.

Tiger Iron

Stimulates physical vitality. Increases the white/red blood cell count. Strengthens the muscular structure.

Topaz

Tissue regeneration. Strengthens the nervous system. Detoxifies the body. It is considered to bring wealth and health.

Tourmaline

Strengthens and aligns both body and mind. Enhances sensitivity and understanding of self. Aids sleep. All colours are powerful healers.

Turquoise

Strengthens entire body, especially lungs and respiratory system. A master healer. A powerful anti-negativity stone. Good for healing eyes; especially cataracts.

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A BASIC CRYSTAL LIST

Some stones are found in a variety of colours. Where this is the case, the core meaning is given either the first time it is mentioned or for the core stone of the type. Any extra or different properties are listed under the relevant colour.

Read through the list and mark any stones that seem especially relevant to your life. You can refer to the list when you buy your crystals.

CREATIVE WHITE

v CRYSTAL QUARTZ: Transparent or semi-transparent (also in a variety of colours; less commonly cloudy or opaque). Recognised in all times and cultures as a powerful transmitter of physical and psychic energies, clear crystal quartz will amplify the energies of the user, drawing out negative energies and sending positive ones in their place. A powerful focus for divination or meditation, linking the user with the Higher Self and realms of consciousness.

v FLUORITE: Also red, yellow, green, blue, and purple. Denotes objectivity and change. Clears away stagnation, preparing the way for new experiences; promotes psychic awareness and amplifies other crystals.

v ZIRCON: Colourless in its natural form. Spiritual awareness, intuition and contact with other dimensions and the Life Force; relieves depression, insomnia and nightmares.

RECEPTIVE WHITE

v MILKY/SNOW QUARTZ: Opaque, soothing, bringing balance and slower, gentler energies to restore hope after sorrow or loss. It melts away lingering doubts and offers the gradual restoration of enthusiasm. A wise stone, tempered by experience.

v MOONSTONE OR SELENITE: Translucent, also fawn, pink, yellow, occasionally blue sheen. Moonstone is believed to absorb the powers of the Moon, becoming deeper in colour, more translucent and more powerful for healing as the Moon waxes until it becomes a Full Moon. As the Moon wanes, so the moonstone becomes paler and less potent. Moonstone is the stone of travellers, especially by the night or on the sea, whose tides the Moon rules. It is associated with women and with conscious powers of ancient knowledge. Moonstone is a stone of gardening and of fertility, both in plants and in women. Moonstones sometimes contain what appear to be fossilised insects but are in fact inner cleavages, a source of inner wisdom and hidden treasures of our psyche, encouraging sensitivity, clairvoyance and intuition.

v MOTHER OF PEARL: An organic gem, formed from the glossy pearly inside of an oyster shell; oval stones as well as beads are available, although this is not a stone as such. Carries the peaceful healing energy of the sea; soothes extremes of emotions, protects against oversensitivity. Strengthens connections between mothers and children. Excellent for meditation, psychometry (gaining impressions by holding it) and scrying (gazing into the stone).

CREATIVE BLACK

v HEMATITE: Silver-grey metallic brilliance. A powerful earthing and protective stone that clears indecision, aids concentration, improves memory and helps all forms of study and areas where attention to detail is vital. Builds confidence, will power and self-esteem and strengthens courage; acts as a shield against physical and emotional hostility and aids astral projection.

v JASPER: Black jasper was used as a touchstone to identify pure gold and so represents discrimination and the need to preserve what is of worth. It is protective against all negative sources, especially the user's own repressed feelings and is good for absorbing anger (see also red jasper)

v JET: An organic gem, jet is fossilised wood that has been turned into a dense form of coal, and like amber is a great antiquity. It is sacred to Cybele, mother of the Gods in classical mythology. Since the Bronze Age, jet from Yorkshire has been used for ornaments and jewellery. Like amber, jet is used as a doorway into other dimensions, especially the past, and in divination for increasing psychic powers generally.

RECEPTIVE BLACK

v **DARK-BANDED AGATE:** Grounding, balance and stability, security, acceptance of self and others as they are; emotional and physical balance. Banded agates are true agates in geological terms and tend to be receptive, while the single colours are creative. In Roman times agates were specially prized stones and the Romans produced beautiful agate cameos by using the many different coloured layers. Agates were once used in Asia for scrying, as we do with our present-day crystal balls, and throughout the world as amulets. They were therefore protective stones and should be worn or carried in times of potential hostility.

v **OBSIDIAN (APACHE'S TEARS):** Legend has it that a group of Apaches in Arizona were ambushed by soldiers; many were killed and the rest threw themselves over a cliff, rather than betaken. The women and maidens of the tribe wept at the base of the cliff for a whole Moon cycle and their tears became embedded within obsidian crystals. Those who carry this form of obsidian will never, it is said, know deep sorrow. When you hold this crystal to the light, you can see new hope and life glimmering. Obsidian eases and releases physical and mental pain, loss, sadness and anger, to allow the user to move forward. It is a stone of acceptance of life as it is.

v **SMOKY QUARTZ:** Dark grey, semi-transparent/opaque, also brown. Smoky quartz is traditionally associated with removing negative influences on the user, both by improving physical health and in galvanising our shadow side. It transforms anger and resentment into positive action, rather than denying negative feelings or projecting them on to others, the stone of survival instincts, providing the power to endure and surmount difficult odds.

CREATIVE RED

v **BLOOD AGATE:** Rich and glowing, offers courage to turn obstacles into challenges, the crystal of noble sacrifice and the crusader.

v **CARNELIAN:** Translucent, also yellow, orange and red, occasionally brown. The word carnelian comes from the Latin for flesh. It was regarded as the stone of courage and self-confidence, of leaders and would-be leaders, when worn around the neck or in a ring. In the Middle Ages, carnelian talismans were engraved with symbols of classical heroes and heroines to give a home protection against storms, lightning and fire. Carnelian strengthens creativity, brings abundance to all aspects of life, repels envy in others and enhances confidence, courage, initiative, assertiveness and all positive emotions. A catalyst for change. In the ancient Eastern world, carnelian was used as an aid to astral travel – a use that has continued.

v **GARNET:** Also green, orange and colourless. A protective stone, used by Eastern Europe peoples against illness, night phantoms and all forms of manifest evil, including the mythical vampire. In mediaeval times, garnets were engraved with a lion's head to ensure health and safe travel; it is still regarded as a stone for travellers, especially as a safeguard against attack. It stimulates action and passion and increases will power, stamina, confidence, self-esteem and persistence as well as imagination.

v RED JASPER: Opaque, also multi-coloured with a single colours as yellow, orange, brown, black, green, sometimes found as petrified wood. From early times, jasper has been used for official seals and, like agate; jasper was used in carvings, mosaics and cameos because of its variety of colours. Jasper, like jade, is associated with rain rituals – the Native North American name for the stone was ‘rain-bringer’. Jasper acts as a defence against hostility and brings stability and courage under difficulty. It is thus a powerful protective stone, but also offers the stamina to initiate necessary change.

RECEPTIVE RED

v BANDED AGATE: Opaque with more muted reddish-brown and pink colouring than the blood agate. Known as the earth rainbow for making practical wishes come true. Resistance to any who would override your needs and rights, but in a measured way, rather than blind anger (see also dark-banded agate).

v CALCITE: Transparent or semi-transparent pale red (also milky yellow, peach, green, white or clear crystals). Assists in astral projection; balances yang and yin, masculine and feminine energies, assertive and accepting qualities in people. Needs care in handling, as it can be brittle. Buy a polished stone. A valuable stone in healing as well as divination as it prevents excesses and lessens obsessions and addictive habits.

v FLUORITE: Transparent, in all colours of the rainbow. A powerful harmoniser, promotes physical and emotional clarity and wider perspective. If in doubt, buy a fluorite for a steady release of restorative and yet calming energies. Good for hyperactivity and restlessness in children and adults alike. Takes the heat out of confrontations.

CREATIVE ORANGE

v AMBER: Yellow and golden brown. Fossilised tree resin, usually about 50 million years old, and may contain remains of plants, insects and even lizards. According to Chinese tradition, the souls of tigers pass into amber when they die and so it is a gem of courage. It is also said to contain the power of many suns. Good for all past life work and astral projection. A stone of joy, wisdom and perspective. Its popular name, the honey stone, indicates its warming, integrating qualities and so it enables the user to see the present as part of a greater pattern. Favours the long-term perspective and solution, and is good for fidelity.

v CARNELIAN: Tempers courage and impetus for change with the reality principle and an awareness of the implications of action (see also red carnelian)

v JASPER: Optimism, faith in one’s own ability to win through. A stone of reliability, controlled effort and persistence (see also red jasper)

RECEPTIVE ORANGE

v **BANDED AGATE:** Muted orange. The assimilator and sifter of truth and stone of integrity. Known sometimes as 'the stone of the desert', it offers assurance that to persevere is to win through (see also dark-banded agate)

v **CALCITE:** Uplifting, brings joy and good humour, faith in human nature and an overriding but quiet optimism (see also red calcite)

v **BERYL:** Also golden brown, blue and pink. A crystal of the sun, it gently increases confidence, will power and visualisation abilities. A protective crystal, it counteracts exhaustion, depression, fear and resentment and is helpful in difficult situations or where there are many factors to assimilate. Some see this as a creative stone, but it is more a stone of the morning or evening rather than the noonday Sun. the stone of the unchanging inner women.

CREATIVE YELLOW

v **CITRINE:** Clear, sparkling yellow. Promotes mental and emotional clarity; good for problem solving, improving long and short term memory and will power and inspiring optimism, self-confidence and self-discipline; reduces anxiety and depression. Good for removing mental and physical energy blockages.

v **JASPER:** Enables the user to take what is of worth from a situation, and protects against jealousy and the build-up of resentment. Encourages grounding and acceptance of others and life as they really are (see also red jasper)

v **TOPAZ:** Golden, clear and sparkling (also pink, pale blue, orange or brown). The word topaz means 'fire' in Sanskrit. It increases power with the Moon, being at its greatest potency at the time of the Full Moon. Perhaps because of this, topaz was said to give protection against nightmares and night terrors as well as violent emotion. Psychically, it is a stone of astral travel and according to the belief of the ancient Eastern' confers invisibility on its wearer; promotes mental clarity, focused thinking and abstract reasoning, confidence, will power and stamina; helps in letting go of the past, enhances creativity.

v **ZIRCON:** A stone of mental and physical clarity, good for communication of all kinds and for clearing misunderstandings (see also colourless zircon)

RECEPTIVE YELLOW

v CALCITE: Moderates the sharpness of yellow stones with gentle optimism and an awareness of the need for communication that does not diminish the recipient (see also red calcite)

v FLUORITE: Encourages clear focus, co-operation and working with others in formal groups or organisations. A stone of inner beauty and worth (see also red fluorite)

v RUTILATED QUARTZ: Clear quartz with metallic, golden rutile (also sometimes brown). Rutilated quartz was created, according to legend, when angels froze the water of the heavens; it is also said that the guardian angels dwell in rutilated quartz, offering protection and wise counsel to users. The stone of inner wisdom and undeveloped potential, rutilated quartz is said to heal all inner ills, amplifying healing energy and thoughts and breaking destructive patterns of behaviour.

CREATIVE GREEN

v AVENTURINE: Translucent dark or light green quartz. Encourages mental clarity, joy and a positive attitude, and heals emotional pain and fears. It is a stone of travelling in hope, whether physically or mentally, and of emotional regeneration.

v BLOODSTONE: Opaque, mottled green and red. A stone of courage. Links the user with higher states of consciousness. The red spots were, according to legend, formed from the blood of Christ as it fell on green jasper at the crucifixion and so it is traditionally used in icons and religious carvings. Protects against jealousy, increases empathy with others' difficulties, soothes bad dreams.

v CAT'S EYE: Clear, green or green/brown (can also be golden yellow). There are several kinds, but all have an opalescence that resembles a cat's eye and so the stone is excellent for promoting keen vision, both physical and inner. Promotes abundance, both left in a jar of money to increase prosperity. Avoid those that have been artificially irradiated.

v MALACHITE: Green with black stripes. A purifier and energiser, replacing negativity with positive energies; soothes physical hurt and the pain caused by harsh or critical words; concentrates psychic vision, especially in meditation.

RECEPTIVE GREEN

v AMAZONITE: Opaque, light blue/turquoise. Gentle, calming, integrates different aspects of mind, body and spirit, encourages self-expression and artistic creativity. Limits self-damaging behaviour; improves self-worth and self-confidence.

v CHRYSOPRASE: Translucent bright or apple green. Encourages flexibility in the face of problems, wisdom, generosity and self-confidence, all alleviates depression, self-doubts and extreme emotional swings. Place on the heart or neck to promote meditation.

v JADE: Many shades of green, opaque to translucent. A stone for health, prosperity and long life; in Orient, jade was associated with reincarnation – a piece of jade was placed on the eyelids or in the mouth of the dead to ensure the spirit would return for another life on earth. Jade bowls were used to energise food with the life force. In China, jade is used as a talisman, carved in the shape of a butterfly, to attract love. It is also given as a love token to those who are the object of love, and on the occasion of a formal betrothal. Jade pendants are worn by oriental children to ward off illness and harm. Jade, like rose quartz or coral, is a stone for children because of its gentleness. It offers wisdom, quiet courage, emotional balance, stamina, altruism, love, fidelity, peace, humility and generosity, and connects the user with earth energies.

v MOSS AGATE: Really colourless, but contains a profusion of treelike growths of muted green minerals. Agates were sacred to the gods of vegetation and even today the moss agate is especially associated with gardening and with all kinds of growth, and with prosperity (see also dark-banded agate)

CREATIVE BLUE

v AZURITE: Solid deep blue, sometimes flecked with paler blue, also blue-purple. Amplifies innate healing abilities; good for assertiveness, clear communication, decision-making, alertness and creativity. Promotes access to psychic awareness and past lives and the experience of the collective wisdom of mankind. Reduces depression and anger.

v FALCON'S EYE/HAWK'S EYE: Blue and chatoyant, reflecting light in a wavy band (also green). Reveals the reality of situations, and gives wider perspective and focus, and sharpened perception for mental and spiritual growth. A stone of courage and determination. Like the hawk and falcon, if you aim high and focus on a specific goal, you will succeed.

v HOWZITE: The version that is dyed blue is a good substitute for the more expensive turquoise listed below and takes on its properties. A powerful stone for gaining power over your own emotions.

v LABORADITE: Metallic, iridescent, varied bluey-green hues from quite rich too more subtle (sometimes yellow). Brings out unique talents for the good of others; encourages originality, diversity and independent action. Some people regard it as a receptive stone in its softer hues, but it is a stone of inner strength.

v TURQUOISE: Opaque, light blue/blue-green. Mined by the Egyptians in Sinai more than

6,000 years ago, turquoise and its imitations have been discovered in graves from around 4000BC. Known as a male stone of power in Central America because it could only be worn by warriors, turquoise is regarded as a Sky stone, a manifestation of the Source of Creation, and for this reason it can offer women the strength to fulfil ambitions and fight inertia in others. A protective stone, turquoise absorbs all negative forces. It endows wisdom on those who wear it and increases psychic communication.

RECEPTIVE BLUE

v **AQUAMARINE:** Clear light blue, blue-green to dark blue. The name means 'water of the sea' in Latin and has traditionally been the stone of sailors and fishermen, including mental clarity, spiritual inspiration, creativity, communication, self-awareness, clear communication and confidence. A form of beryl and so its powers are mitigated by gentleness and altruism. Links with the ebbs and flow of the female monthly and life cycle.

v **BLUE LACE AGATE:** Translucent, pale blue, this crystal calms strong emotions, creating a sense of peace and encouraging patience, especially with children and in situations that cannot be changed. A stone of compromise and speaking truthfully but with kindness.

v **CELESTITE:** Semi-transparent or transparent, light-blue cluster crystals (also white). Called 'the crystal of the angels'. Gentle, slows racing thoughts. Connects with spiritual nature, encourages creativity. Worth seeking out as a suitable divinatory stone as it is a crystal that links with higher consciousness, the Higher Self, angelic or spirit guides.

v **MOONSTONE:** The blue moonstone is rare and said only to be formed on the 'Blue Moon' when there is more than one Full Moon in a month; in Asia the belief is that the best ones are washed up on the shore when the Sun and Moon are in a certain harmonious relationship which only occurs every 21 years – hence the saying 'Once in a blue moon'. For dreams, intuition and romance and for valuing every moment of joy and taking every opportunity for new experience (see also white moonstone).

CREATIVE PURPLE

v **LAPIS LAZULI/LAZURITE:** Opaque, purple flecked with iron pyrites, fools gold (also deep blue). Known as 'the eye of wisdom', the stone of the gods, lapis lazuli jewellery is mentioned as having healing powers in an ancient Egyptian papyrus written over 3,000 years ago. The Sumerians believed it contained the souls of their gods and goddess and as such would endow them with magical powers. Because of its association with the wisdom of higher powers, lapis lazuli is considered powerful in aiding psychic awareness and combining unconscious wisdom with the conscious powers of the mind; it encourages creative expression, especially through writing, oratory and profound dreams. A stone to help you make the right decisions.

v **SODALITE:** Many shades of purple – deep indigo with white being the most common

(also deep blue). Denotes communication, both spoken and written; the stone of writers and poets; promotes logical thinking, creativity, courage, harmony, idealism and altruism; alleviates subconscious guilt and fears; offers protection from negative energies of all kinds. Good for meditation.

v SUGILITE: Opaque rich purple (also pink). Absorbs negativity from the wearer or user's aura and replaces it with positive energies. Removes emotional blocks and reduces stress levels. Placed on the forehead, it alleviates depression and feelings of worthlessness or despair; integrates the left and right hemisphere of the brain, producing a mixture of reason and intuitive thought.

RECEPTIVE PURPLE

v AMETHYST: From pale lilac and lavender to deep purple, translucent, semi-transparent and transparent, sometimes flecked with white. One of the most effective stones of healing, amethyst assists spiritual and psychic development while keeping connection with the Earth, enhancing creativity, courage and intuition. Egyptian soldiers wore amethyst in battle so that they would not panic in dangerous situations. Helps communication, especially in spiritual matters, and fights all forms of excess and compulsion. For this reason, it was used by the ancient Greeks and Romans for drinking goblets.

v FLUORITE: Deep purple. Lavender promotes a sense of inner peace, serenity and harmony with nature and the Life Force. In clusters, it lowers stress levels caused by work or life in general and can be placed either in the workplace or home to absorb negativity and hyperactivity of others. Links with other dimensions (see also clear fluorite).

v KUNZITE: transparent (also pink). A potent stone, sometimes known as 'the woman's stone', because of its ability to soothe all female disorders; increases compassion and the ability to give unconditional love. Good for overcoming compulsive behaviour and addictions; restores confidence and reduces depression, extreme mood swings and stress; opens psychic and spiritual channels for divination and healing.

CREATIVE PINK

v CORAL: A protective Opaque organic gem (also in red and orange). Coral has been a children's stone from the time of the ancient Greeks, when Plato wrote that it should be hung around the children's necks to prevent them falling. Coral was nailed to ship's masts to protect them from storms. Increases sensitivity and compassion and protects the user from fears and anxieties, especially those left from the past.

v RHODONITE: Opaque pink with black inclusions. Offers emotional support. Gives courage to take them to the next step towards happiness or freedom; effective for mantras, chanting, positive affirmations and for clairaudience.

v RHODOCHROSITE: Opaque to clear pink, sometimes salmon pink, banded with paler colour. A stone of gradual change, providing the confidence to make alterations in lifestyle. Enables major changes to be made without stress. Has stronger and more intense energies than rose quartz; its vibrant powers assist the ability to give and receive love. Strengthens identity and relieves loneliness, grief and insecurity and unresolved childhood issues.

v SUGILITE: Gentle inspirations, gives the ability to know instinctively how best to respond in sensitive situations. The stone of tact (see also purple sugilite)

RECEPTIVE PINK

v ROSE QUARTZ: Translucent to clear pink, like amethyst, an excellent stone for all forms of healing; known as 'the children's stone' because it is so gentle in soothing away childhood ills and sorrows, but is equally effective with troubled adults. Promotes family love and friendship, brings peace, forgiveness and the mending of quarrels and emotional harmony; heals emotional wounds, heartbreak, grief, stress, fear, lack of confidence, resentment and anger; good for alleviating sorrows left from childhood. A stone for quiet and regular sleep patterns.

v KUNZITE: A wonderful stone for girls entering puberty, for all problems concerning fertility and for tired mothers (see also purple kunzite)

v MORGANITE/PINK BERYL: Clear/soft pink (also violet), translucent to clear. Encourages compassion, empathy and patience. Guides the user to the highest standards of thought and action. Protective (see also beryl)

v TOURMALINE: Also black, blue, green, watermelon striated, clear/semi-transparent gem. Pink tourmaline endows love, of self and others, and increases insight and perception, both physical and emotional; removes old sorrows and redundant regrets; balances the natural desire for peace with necessary assertiveness for well-being. Promotes sympathy and friendship. It is worth seeking a good divinatory stone, especially if you face continuing potential disharmony in your life.

CREATIVE BROWN

v AGATE: Brown for tawny for business acumen and for practical and financial security; the crystal of firm foundations in every way. Keeps you safe from the wheeling and dealing of the less scrupulous (see also blood agate)

v BROWN AMBER: Enables the user to take a long-term perspective on money or

practical worries. Slows down any frantic activity with a more measured approach (see also amber)

v BROWN JASPER: Sharpens the five senses and offers a stable base in turbulent times; good to use after divination or meditation to restore the everyday world without losing the insights gained (see also red jasper)

v TIGER'S EYE: Yellow-gold and brown stripes, chatoyant (also burgundy stripes). The stone of independence, combining the powers of the Earth with deep instinctive ability to survive life's challenges. Throughout the ages, tigers eye has been a talisman against the evil eye. Roman soldiers would wear engraved stones as protection from death and wounding. Tigers eye is associated with practical aspects of life and enhances health in the five senses. Above all, it is a stone of balance, offering a sense of perspective and the ability to see other people's points of view, separating thoughts from feelings and desires from need; encourages strong identity and decision-making.

RECEPTIVE BROWN

v DESERT ROSE: An opaque, light brown, rough-textured stone. Almost like a nut with glints of quartz. Clarifies thinking and practical planning, sharpens perceptions. Grounding; calms racing thoughts; enables the mind to sort out priorities and step off the treadmill of life. A stone of hidden treasures and gradually unfolding spirituality that can co-exist with the everyday world.

v LEOPARDSKIN/SNAKESKIN JASPER: Mottled. Encourages the shedding of what is redundant. Brings what one needs, rather than what one wants. Some people regard this stone as creative. It does, however, promise that new life will come when the time is right – a new spring after winter of doubt (see also red jasper)

CRYSTALS

For reasons that may always remain a mystery, crystals have become a symbol of the New Age. A crystal is a living thing. It is not an organism because it does not have cells. But a crystal is alive. It vibrates (this is what makes it so valuable for computers and other electronic uses.) It grows from a seed. It repairs itself when injured and it reproduces (the seed again). When most people say crystal, they are referring to quartz crystal, the most popular crystal on the planet. But there are many other crystals beside quartz. Because crystals vibrate at different frequencies they affect us and their environment in different ways. Here is a list of various types

of crystals and their reputed powers:

AGATE: Courage; symbolizes third eye, gives a spiritual love of truth.ALEXANDRITE: Inner and outer regeneration; works on the crown chakra; brings general good fortune.AMAZONITE: Strengthens nervous system; used in ancient Egypt.AMBER: Grounds and stabilizes; healing agent; acts as a filter, radiates light & heat.AMETHYST: Protection, spiritual attunement: gives visions or opens spiritual and psychic centers; reduces mental tension; induces pleasant healing dreams; prevents over-indulgence and encourages transformation and the breaking of bad habits.APATITE: Clears confusion in the mental strata.AQUAMARINE: Gives direction in life;aids spiritual visions; lifts spirits and calms nerves; reduces fear and enables one to express oneself.AVENTURINE: Courage in social & group situations: adventures in love life; luck where perception is required.AZURITE: Jewel of wisdom; revitalizes damaged tissue; stimulates thought and clarifies realms.AZURITE/MALACHITE: Increases dream state and the capacity for astral projection.BLACK OBSIDIAN: Awakens dormant, unmanifested potential; protects soft hearted and gentle people from being abused.CALCITE: Thought amplifier; aids memory; creates greater intellectual capacity.CALCITE (GREEN): Mental healer: can be used in a situation where you are striving to attain balance.CARNELIAN: Gives feeling of well being: recycles past life experiences; speeds up law of karmaCELESTITE: For communication with cosmic beings and beings of light.CHRYSOPHASE: Enhances insight into personal problems: aids tranquility. Has been said to manifest the supreme heavenly love of truth.,CHRYSOCOLLA: Helps alleviate personal fears and guilt; gives clear-seeing; aids in ability to speak one's own truth.CITRINE: Cheerfulness; control over emotions; clear thought; overcomes mental blocks.COPPER Creates awareness of self; achieves balance within all levels of self; can be used to achieve amplification of thought.CORAL: Good for keeping thoughts in control for visualization and while meditating.DIAMOND: Attunement to higher sources; best worn with other stones.EMERALD: Meditation: precognition. healing: business success; totally rejects evil;FIRE AGATE: Grounds; balances and transforms into quality of harmony.FLOURITE: Grounds; holds and directs excess energy for highest manifestation; strengthens ability to perceive higher levels of thought; alleviates anxiety and hyperkinetic behavior.GALENA: Alleviates emotional problems that block spiritual growthGARNET: Aids in remembering dreams: good for regression; attracts profound love; gives persistence; cures depression.

HEMATITE Grounds; improves self-esteem: increases capacity for astral projection.JADE: Peace; tranquility: soothes eyes and emotions; wisdom; universal attunement.JASPER: Strengthens will to do good: balances the emotions.KUNZITE: Balances emotional and mental bodies; activates heart chakra.LAPIS LAZULI For friendship and fidelity, helps to be more kind and helpful.LEPIDOLITE: Balances emotional & mental bodies, aids hyperactivity.MALACHITE: For prosperity, stimulates healing properties; emotional responsibility and balance.MOONSTONE:Calming good for meditation; spiritual guidance and protection while travelling. For prophesy: brings happy experiences to those who are sensitive.ONYX: For separation; can be used for release or to end a bothersome relationship.OPAL: For prophesy; used for centering; aids in channelling and teaching truths to others-; psychic journeys; anchor of hope.PEARL: Associated with ministerial wisdom through experience; brings love relationships.PERIDOT: Helps open inner sight to spiritual; develops inner vision and ability to look into future: counteracts negative emotions.PETRIFIED WOOD: Stabilizes person undergoing mental and emotional stress; opens individuals to past life recall.PHANTOMS: Key holders to higher dimensions and inner planes.BLUE, GREY or BLACK PHANTOMS: Aligns all levels of bodily protectionPINK PHANTOMS: Develops harmony and emotional balance, helps achieve mystical experiences.GREEN PHANTOMS: For cleansing and rejuvenation on all levels; promotes emotional tranquility.PYRITE: Eases anxiety, depression, frustration and false hopes:

strengthens astral body. QUARTZ CRYSTAL: Raises one's vibration; bridges the material world with other realms; has ability to store and transmit energy; excellent for healing and meditation on all levels. RHODOCHROSITE: Inspires forgiveness and heals emotions; attracts love. ROSE QUARTZ: Heals wounds heart has accumulated; teaches power of forgiveness and reprograms heart. to love itself. RUBY: For spiritual wisdom; focuses mental concentration; confidence; stone of life & energy. RUTILATED QUARTZ: Activates will power, rutile in quartz magnifies the basic energy of the quartz and aids healing process. SAPPHIRE: Attracts good people into your life, lms the nerves, gives insight. SELENITE: Clarity of mind; activates spiritual sight. SILVER: Aligns astral and physical bodies; frees memories from subconscious. SMOKEY QUARTZ: Excellent for meditation id healing on mental and etheric levels; enables one to develop channelling abilities. SODALITE: For courage and endurance; relieves subconscious fears and guilt. SUGALITE: To understand divine purpose; increases capacity for altruism; visions and general understanding. TOPAZ: Develops psychic abilities; calms emotions; relieves tension. TIGER EYE: Purifies system after overindulgence; protective. TOURMALATED QUARTZ: Breaks up existing habits and conditioning that is in the way of one's spiritual and physical progress. TOURMALINE: Balances and protects. striations allow energy to travel more quickly and effiiciently. WATERMELON TOURMALINE: Balancer of emotions; good for relationships and those who are counselors. BLACK TOUBMALINE: Very protective. good for dealing with negativity. BLUE TOURMALINE: Transmits blue ray of peace more powerfully than any. otherr stone on the planet. GREEN TOURMALINE: Business success; soothes nerves. PINK TOURMALINE: Increases will to love and sacrifice. TURQUOISE: Reminder of spiritual nature; protection; friendship. VARISCITE: Inspires direct recall of past lives relevant to the psychological well-being of the .ndividual.

Crystals Info

from my understanding of how stuff works, everything is made from energy, and crystals are like superconductors of this energy. for instance plain quartz can hold much energy. and it doesn't matter the what the size of the crystal is, small ones can have an enormous amount and big ones can be weak. when I by crystals, I test them in the store, I feel the energies radiating from them, and choose my crystals that way. different crystals hold different types of energy and are good for different things.

Crystals are a tool used for many things. In my own experience I have

used them as a focus point for scrying and I find clear crystals or Quartz to be good for this..I have seen them used to open doors into other realms..Something like Dreamwalking is best description I can give. There are allot of uses for crystals. Some wear them for protection some use them for healing and some just use them to make pretty rainbows..There are probably allot more uses for them I simply do not know them all. Hope this helped somewhat.

Inso far as How to use one..well it requires some mental ability to reach into the stone and divine what it might be useful for..For instance I have a "singing" crystal which I use to simply help me relax and meditate..I find when I rub it lightly with another crystal there is a resonance from it which is very relaxing. I have a crystal point which holds a few "doors" that I use to wander other realms at times..Sort of like an assisted Astral Projection.

I also have a tiny little crystal ball which I have worn round my neck for almost nine years now. It is held by my fav animal a cat and it is to most people a little marble and pewter cat..Nothing special..To me it has been a source of protection and healing for a long time...SO you see crystals do many things and can be many things. it just depends on how you know them..

If you want to try one I suggest going to a stone shop or magic shop and feeling them..Seriously pick em up and look at em..when one "grabs" your attention check it out..Usually the way I do this is by feeling for how fast it warms up in my open palm..I take that to mean that the crystal is receptive to my type of energy. IT is really fun and you may be surprised at what you find out about yourself. I am really limiting myself here to JUST talking about crystals and not stones in general.. But hey the question only pertained to those so I will stick with it.

Anyhow have fun and find out for yourself.. Crystals are fascinating.

A

Amazonite

"Synthesis". Gently harmonizes the heart and throat chakras, masculine and feminine energies. Aligns all chakras. Brings the user back to their "power spot". Back to center. Gives stamina, faith and compassion. Helps with calcium deficiency. 5th chakra. Virgo stone. #2 and #3 vibrations.

Amber

"Manifestation". The "good luck" stone brings the purifying, revitalizing force of the sun and the absorptive, transmuting energy of the earth together to create a powerful tool. Draws disease out of the body and transforms it. Clears negativity. 2nd chakra. Leo and Sagittarius stone. #3 and #8 vibration.

Amethyst

"Metamorphosis" the ancient healer of all levels of body, mind, and spirit. Cleanses purifies, restructures and renews. Transforms lower energies into higher. Protects against psychic manipulation. Helps heal arthritis, hearing, and bones. 6th chakra. Pisces stone. #6, and #33 vibrations.

Aventurine

"Healer of the heart and soul." Balances masculine and feminine energies. Creativity, Leadership, and fun. Assists one in making the "right" decisions. Surrounds the user in a blanket of Love. Protects Helps heal the Heart, lungs, and adrenals. 4th chakra. Aries stone. #1, and #4 vibrations.

Azurite

A lantern in the darkness. Illuminates the dark recesses of the subconscious mind. Clearing, renewing, and raising the consciousness and creating "Heavenly mindedness" on Earth. Initiation. Visionary power. Helps heal throat, spleen, and spine. 5th and 6th chakras. Sagittarius stone. #7 and #9 vibration.

B

Black obsidian

"The Protector." Surrounds the user with a shield of energy that blocks negativity. Infinite benevolence and healing energy is gifted to the user. Favored by psychics for it's access to many dimensions. "Soul retrieval". 1st chakra. Sagittarius stone. #9 vibration.

Bloodstone

The stone of courage, vitality, and, "iron clad strength". Bulldozes obstacles out of the path. Brings honesty and integrity to relationships, renewing love and healing wounds. Brings the user back to

"the

moment". Helps heal all blood disorders, lungs, eyesight, and heart. 1st chakra. Aries stone. #1 vibration.

Blue Lace Agate

Accelerated spiritual attainment. Inspiration and flow. Activates the third eye, and with it, the door to unseen realms. "Oceanic waves of bliss" washing the clutter and static from the mind and spirit. Relieves stress. Helps heal arthritis and headaches. 5th and 6th chakras. Pisces stone. #11 vibration.

Boji stone

Clears, aligns, and supercharges all chakras. Powers through blockages, balancing and healing. Grounding earth energy. Opens doors to communication with the plant and animal kingdom. Telepathy, and regeneration.

5th chakra, Aquarius stone. #4, and #6 vibrations.

C

Carnelian

A stone of ambition and drive. It inspires a positive courageous confidence. Motivates. Activates and energizes personal power, revealing hidden talents. Protects the user from all negative emotions. Reminds one to be "in the moment". Helps asthma, and blood pressure. 2nd chakra.

Aries stone. #1 and #3 vibrations.

Celestite

"Angelic Love". Inner peace, hope, and harmony. Balances yin and yang energies. Attunes the mind to higher frequencies, improving comprehension. Opens lines of communication with the starry realm. Helps eyesight, hearing, and mental health. 5th, 6th, 7th chakras. Gemini stone. #2, and #11 vibrations.

Chrysocolla

"Mother Earth's healing stone" Stimulates the mind while calming the emotions. Provides great inner peace and strength. Attracts prosperity and good luck. Dispels negativity and keeps the mind clear and open. Helps with diabetes, asthma, and leukemia. 5th chakra. Gemini, and Taurus stone. #4 and #7 vibration.

Citrine

The "golden stone of wealth" opens and activates the solar-plexus and navel chakras uniting personal power with physical manifestation. Creativity and initiative result. Endurance. Mental focus and control of emotions. Helps digestion, circulation. 2nd, and 3rd chakra's. Aries stone. #1, #3, and #8 vibrations.

Cookeite

"The healer of healers". Calming, cool, clean energy gently blows

away all static and pockets of stagnant energy. Purifies and prepares a sacred space. Inspires cooperation, and flexibility. Attracts angelic protection. Illumination. Attunes to the 7th chakra and higher.

Sagittarius and Aquarius stone. #11 vibration

Cuprite

"The jumper cable". Conducts vital life force to the user and transmits it directly to the areas it is needed revitalizing and rebuilding the entire system. Balances Yin and Yang energies. Brings consciousness to the body. Helps heal terminal illnesses. 1st through 4th chakras.

Virgo stone. #1, #33 vibrations.

D

Diamond

The "king" of all precious gems. It represents omnipotent power, purity and strength. Comprised of carbon, the foundation of all life, the diamond assists the wearer in the transformational process towards perfection. The symbol of trust, commitment, innocence (our true nature), and Love. Diamonds have been known to attract inspiration, genius, and abundance. Balances metabolism, de-toxifies the body, and strengthens the eyesight. Vivifies all chakras. Assists all signs. Contains all number vibrations.

E

Emerald

Brings security in love. It allows access to the mystery we hold deepest in our hearts, thereby healing and activating our highest hearts desire. A powerful stone of psychic insight, prophecy, and abundance. It assists in the healing of eyesight and speech impediments. Emeralds have a tranquilizing affect on the heart and mind, inspiring calm, clear assurance. 4th chakra and higher. Stone of Taurus and Gemini. #2 and #4 vibrations.

F

Flourite

"Stone of discernment" Clears the fog of illusion. Creates order out of chaos. Concentration, and clarity. Perfect health and order on every level. Purification and harmony. Helps to heal viral infections, tumors, DNA. 6th chakra. Pisces stone. #4, and #7 vibrations.

G

Garnet

The stone of devotion, to others, to self, and to one's aim. Awakens

the "inner fire" of creativity. Provides regeneration and balance.

Draws negativity away from the chakras. Inspires love and passion. Attracts good luck. Protection from toxins, depression, anemia and disorder. 1st chakra. Capricorn and Leo stone. #1, #3, and #6 vibrations.

H

Hematite

"Stone of mental mastery." Photographic memory. Clarity, balance, and calm reason. Dissolves negativity, and transforms it into Love. Assists one in creating peaceful, loving, kind relationships. Helps heal, tumors and anemia. 6th, 7th chakras. Aries stone. #4, and #7 vibrations.

Herkimer Diamond

"The dream crystal" unveils the "reality" of the dream. Self actualization. Psychic attunement. Can deliver messages of Love and healing to a friend at another location. Chakra cleanser. Protects against radiation. De-toxes the body. 6th and 7th chakra. Sagittarius stone. #2, #7, and #11 vibrations.

Howlite

"Tranquility Stone" Calmness, and balance of emotions. Encourages open, honest, heart to heart communication. Dissolves fear and rage. Gives discernment and patience. In the moment action. Enthusiasm.

Ambition. 3rd, 4th, 5th chakra. Gemini stone. #3, and #6 vibrations.

I

J

Jade

Strengthens the heart, kidneys and immune system. Helps cleanse the blood. Increases longevity and fertility. Aids in eye disorders and female problems. A powerful emotional balancer. Radiates divine, unconditional love. Clarity, modesty, courage, justice and wisdom. Peaceful and nurturing. Dispels negativity. Healing affinity will correspond to particular color of stone.

Jasper

"The supreme nurturer". Highly valued by shamen as a sacred and powerful stone of protection and grounding. Provides safety during astral travel. Brings the energy of the sun to rejuvenate and strengthen the body. Helps tissue regeneration and smell. 1st, 2nd chakras. Leo stone. #1, and #5 vibrations.

K

Kunzite

"The stone of unity" aligns the heart with the head and the throat, facilitating loving feelings, thoughts, and words. Purifies the entire being by tapping into the Source directly. Teaches "solitude in the crowd", inner freedom. Heals the heart. 4th chakra and up. Scorpio and Taurus stone. #2 vibration.

Kyanite

The bridge between mind and matter. Powerful tool for manifestation and awakening. Attunes the user to very high vibrations that instantly align and clear all chakras and subtle bodies. Excellent stone for meditation. Helps glandular function. 6th chakra. Taurus stone. #5, #8, and #9 vibrations.

L

Lapis Lazuli

Psychic facilitator. Used by ancient Egyptians to access sacred knowledge. Cleanses the mind body and spirit of toxins and negativity. Key words are: will, perfection, awareness. Encourages integrity in relationships. Strengthens the immune system. 6th chakra. Sagittarius, and Aries stone. #1, #7, and #9 vibrations.

Lepidolite

The "grandmother" stone. Relaxes, calms, even sedates the user with its nurturing energy. Brings to awareness old patterns and needed changes, while assisting the user through the transitions with optimism. Birth, death, re-birth. Heals sore muscles and fatigue. 3rd, and 6th chakras. Libra stone. #2, and #6 vibrations

M

Malachite

"Transformation." Powerful healer, absorbs illness directly. Clarifies and keeps clear the path. Assists in the manifestation of the heart's desire. Strengthens intuition, and can reveal the root of a problem. Protection from radiation. 4th chakra. Capricorn Stone. #8, and #22 vibrations

Mexican lace agate

Physical stimulator. Renews strength and vitality during low physical periods. Reveals the truth. Gives overview of the crazy maze of life, therefore the next turn to make. Helps to heal the skin, heart, spine, and teeth. Attunes to 1st chakra. Stone of Aries. #1 vibration.

Moldavite

"Healer from other worlds" Accesses higher dimensional realms.
Illuminates the path on the "journey home". Prepares the user for
transformation and ascension. Can channel laser-like beams of healing
energy.
Attunes to 5th, 6th, 7th chakras. Scorpio stone. #7, #9, and #33
vibrations.

Moonstone

Stone of wishes, intuition, and balance of emotions. Brings all that
is needed. New beginnings, Re-birth. Motherly love, support,
encouragement. Absorbs pain and illness. Regenerates the tissues and organs.
Heals reproductive system. 4th chakra. Cancer stone. #2, and #6 vibrations.

Moss Agate

Native American power stone. Abundance, balance, and self-confidence.
Harmonizes and attracts beauty. Accentuates all positive personality
traits. Great stone for gardeners and attuning to the earth. Helps heal
allergies, skin, infection. Attunes to 4th chakra. Virgo stone. #4, #6,
and #8 vibrations.

N

O

Onyx

Self mastery. Visions, and guidance through meditation and dreams. Balances Yin and Yang. Reveals one's own duality. Helpful in treating glaucoma, epilepsy, and cell damage. Attuned to 1st and 5th chakra's. Stone of Leo. #7 vibration.

Opal

The stone of visionaries. Intensifies and encourages moment by moment "being-ness". Attracts flashes of inspiration, psychic insights, and clairvoyance. Opal surrounds the user with an aura of mystery, intensity, and charisma. Shape-shifter. They can assist one to seem to disappear at will, and they can disappear when their assistance is no longer needed. "Burns" out infections, heals and clears eyesight, and balances the metabolism. 5th, 6th, and 7th chakras. Stone of Libra, Scorpio, and Sagittarius. #1, #5, #8, and #9 vibrations.

P

Peacock ore

A stone of happiness, innocence, vitality. Encourages magical, imagination that leads to new directions, hope, and trust. Protection from negativity. Helps heal the cellular structure, nervous system, lungs, and heart. Attunes to all chakras. Cancer stone. #3 vibration.

Peridot

A warm, friendly, happy stone. Tonic for the whole body. Strengthens, and regenerates all organs, stimulating new, healthy growth. Balances bio-rhythmic cycles. Protects the user from negativity. Helps heal infection, ulcers, and thyroid. 4th chakra. Stone of Virgo. #2, and #3 vibrations.

Petrified Wood

Provides access to past lives when used for this purpose during meditation. Brings serenity to the user, Balance. Grounding. Vitality. Provides protection from disease. Assists in healing bones, strengthens spine, hearing. Attunes to 1st chakra, Leo stone. #4 vibration.

Picasso marble

Self-control, Clarity, and total recall of dreams. Assists in meditation. Protects, nurtures, strengthens. Aids in mind expansion and manifestation of physical and material goals. Stability. Helps to heal viral infection, 5th chakra. Cancer's stone. #1, #5, and #8 vibrations.

Prehnite

An "ascended" mineral, It assists one with out-of-body travel. Protects, and strengthens the life force. Facilitates contact with E.T. and/or higher dimensional entities. Stimulates inner-knowing, and prophesy. Helps heal, anemia, gout, and kidneys. Attunes to higher chakras. Libra stone. #11, #22, #33 vibrations.

Q

Quartz

Universal conduit. Amplifies, focuses, stores, transforms, energies.
Perfect for focusing affirmations and prayers. Stimulates psychic perception. Teaches each person at their own level, and at their own speed. Empowers. Attunes to all chakras, all signs, and all numbers.

R

Rhodochrosite

Angelic teacher of love and equilibrium. Unites and balances male and female both within and without. Attracts the "perfect" love to the user with the intention to learn how to love. Inspires healthy love of the self and of the Earth. 1st, 2nd, and 4th chakras. Scorpio stone. #2, and #6 vibrations.

Rhodonite

Stone of brotherly love. Self-actualization leading to selfless service. Activates the heart chakra. Balances yin and yang. The heart, head and body align and unite to attain the users highest aspirations. Helps to heal the heart, lungs, throat and joints. 1st and 4th chakras. Taurus stone. #9 vibration.

Rose Quartz

"Stone of warmth and love" Heals emotional pain with it's gentle calming salve. Balances Yin and Yang. Opens the heart to the beauty within and without Cherubic energies are attracted to the user, protecting, and dissolving negativity. Attunes to 4th chakra. Taurus and Libra stone. #2, and #6 vibrations.

Ruby

The "queen " of all gemstones. The stone of love, surrounds the user with an aura of beauty, and can actually transform the appearance. Protects one from all negativity, and physical harm or illness. Attracts stability, and loyalty. Known as the "stone of royalty", it was believed that as long as a piece of ruby was around, wealth would be too. Ruby emits a warm, healing vibration that ancients have said could intensify to a "red hot" heat, powerful enough to boil water. The transmuting fire of Love. Helps heal the heart and all blood impurities. De-toxes the body. 4th chakra. Stone of Scorpio, Cancer, and Leo. #3, #6, and #8 vibrations.

S

Sapphire

The stone of "holy blessings" draws protection, and prophetic wisdom to the user. Attracts and oversees one's divine destiny or "mission" in life, instilling hope, faith and joy during the journey. Sapphire can

focus healing, loving energy on anyone needing it, without the user's participation, in this way it seems to possess an innate higher intelligence of it's own. 6th, 7th, and higher chakras. Stone of Virgo, Aquarius, and libra. #2, #6, and #9 vibrations.

Selenite

"The magician's stone" Time travel into past or future lives via meditation. Allows one to "see" inside a situation or a body with the intent to heal it. Aligns and clears the spinal column. Transmutation. God Love. Helps heal terminal illnesses. 7th, and 8th chakras. Taurus and Scorpio stone. #9, and #22 vibrations.

Staurolite

"The fairy cross." Good luck stone. Courage and protection. Gives the feeling of security. Assists in the discovery of one's "higher self" and in manifesting it on the earth plane consciously. Connects one to the astral and E.T. planes. 7th chakra. Pisces stone. #1, #7 and #22 vibrations.

Sugilite

"The stone of Higher Love". Powerful healer and teacher of self-healing and manifestation. Reminds one to "Remember who they are". Reveals the users innate spiritual gifts and facilitates their expression. Helps heal headaches and cancer. 6th, and 7th chakras. Virgo stone. # 11, and #33 vibrations.

T

Tourmaline

Brings healing power to the user. Excellent for balancing left and right brain, as well as all of the chakras. Gives the user discernment and "sight" into a given situation. Inspires and awakens. Attunes to chakra/s of like color. Stone of Libra. #6 and #7 vibrations.

Turquoise

"The sky is alive in the earth" Attunes the physical to the higher realms. Aligns all chakras, creating a clear channel for the nurturing, and creative energy of this sacred stone. Protects and blesses the user. Strengthens and calms the mind and body. 5th chakra. Sagittarius stone. #4, #6, and #7 vibrations.

Tiger eye

Creates order out of chaos. Harmony. Balances emotions and brings clarity and focus to the mind. Grounding. Stability. Enhances instinctive, psychic abilities. Attracts beauty and abundance. Practical wisdom. Helps heal wounds, bruises, eyes and throat. 5th chakra. Capricorn stone. #4 and #6 vibrations.

Topaz

The "stone of the sun", allows one to focus their wishes and dreams into it, while its many facets reflect, and powerfully beam them out to the universe for fulfillment. Intentional creation. Emanates light and warmth, and is a powerfully magnetic healing stone, absorbing tension, pain and disease. Attracts love and prosperity, as well as communication from other realms. Helps to break up stagnation of energy within the body, and assists with the elimination of toxins. 3rd chakra and higher. Stone of Taurus, Scorpio and Sagittarius. #3, #8, and #11 vibrations.

U

Unakite

Transpersonal healing. Balances emotions, and encourages Higher Love. Prepares and facilitates the re-birthing process, as well as the actual birth process as it is a healing tonic for the reproductive system. Finds the underlying cause of disease. 4th chakra. Scorpio stone. #5, #7, and #11 vibrations.

V

Variscite

Soothing, calming, balancing for both the body and mind. Aids the

blood and heart. Gives emotional stability. Helps to recall past lives.

Gives self confidence. Brings abundance. Chakras: heart and solar plexus.

W

X

Y

Z
Zircon

Strengthens the mind. Aids bowel problems. Balances pituitary and pineal glands. Aligns subtle bodies. Gives emotional balance and self esteem. Aids in sleep. Similar properties as diamond and quartz crystal.

An all around healer. Chakra: all

Topaz

Energy: Projective

Planet: Sun

Element: Fire

Deity: Ra

Associated Stone: Tiger's-eye

Powers: Protection, healing, weight loss, money, love

Magickal/Ritual Lore: The stones we now know as peridot and olivine were named "topaz" in the distant past.

It was used at one time to cause its wearer to become invisible.

Magickal Uses: Topaz is another of the gemstones used for protective purposes. It is considered a specific against envy, intrigue, disease, injury, sudden death, sorcery, negative magick and lunacy. The stone was thought to be especially effective when set in gold and bound to the left arm.

Worn, it relieves depression, anger, fear, greed, frenzies and all disturbing emotions.

Placed in the home, it is a charm against fire and accidents. When put under your pillow or worn to sleep, the topaz fends off nightmares and ends sleepwalking.

The topaz is used to relieve the pain of rheumatism and arthritis as well as to regulate the digestive system. Perhaps this is why the stone is also worn for weight loss.

Known as "lover of gold", the topaz is used to bring wealth and money.

Combine with an equal amount of tiger's-eye. Empower and place these stones around a green candle. Burn the candle and visualize.

Wearing topaz draws love.

When the Greek scholar Pliny wrote that Topaz gave man strength and protected him from poison, he might have actually been writing about Citrine. The huge (weighs 1,680 carats) Portuguese crown jewel, the Braganza, is a beautiful clear Topaz was thought for a few centuries, to be a diamond. Even the origins of the name Topaz stirs confusion. Some references point to a Sanskrit word *tapas*, that means Fire. Or was it named for Zebirget, an island in the Red Sea that the Greeks once called Tapazius? Except that Peridot is the gem currently mined on the island.

Today's scholars write with a higher degree certainty on the properties and origins of the Topaz crystal. Aluminum, silicate (Quartz), fluoride and hydroxide molecules were bonded together during volcanic eruptions. Left to cool in pegmatite's and granitites for thousands of years, the aluminum bonding with the oxygen (hydroxide) formed a chain of connected octahedrons, held together by silicate tetrahedrons, that sometimes grew into gigantic crystals.

One of the largest Topaz ever found was a 600 pound specimen in Brazil. You can see it today at the Museum of Natural History in New York. A rare, perfect blue gemstone was discovered in the Ural Mountains of Russia in 1965. It weighed 100 kilograms. In Norway, a 137 pound crystal was found in 1901 that was two feet long.

Its unique crystal structure makes Topaz a hard and dense gemstone. In fact, pure clear Topaz has often been mistaken for Diamond because of their similar density, clarity and hardness. Topaz crystals can terminate in a variety of ways, some are dome-shaped, pyramids, prismatic, tabular and often with striations.

Its crystalline formation also allows the gem to hold an electric charge for up to 30 hours. You can charge a Topaz by rubbing it with your fingers. Some Brazilian stones acquire a charge just by holding the ends of the crystal between your fingertips. Heating the gem then allowing it to cool slowly builds an electrified charge greater than any achieved with other stones. Plus the stone will retain that energy for more than a day after cooling down.

Most Topaz is found in its purest form, clear. Sometimes referred to as silver or white Topaz. Blue and green are the rarest colors. Most commercial blue Topaz are clear crystals that have been irradiated then heat treated to create the color. Imperial, or golden Topaz is the second most common variety. These stones often contain chromium and are heat-treated to bring out a rosy-red to pink hue in the gem. Pink Topaz does occur naturally more often than the rare blues. Still it's always best to ask your jeweler if the stones you are considering have been treated to enhance their color.

Topaz is found around the globe; Australia, North and South America, Russia, Sri Lanka, Japan, Tasmania, Africa, Pakistan, Norway and China. Tourmaline, Fluorite, Quartz and Mica are just some of the gemstones that can occur with it.

Many ancient traditions and beliefs have created a brilliant history for Topaz. Clear, terminated Topaz was referred to as an iris stone because of its double refractive qualities and the way its facets would project Light's rainbow spectrum. If worn in a ring on the left hand, the gem was believed to restrain lustful desires.

Egyptians thought the Imperial Topaz was the captured light of the Sun God Ra. It was worn in amulets for protection from accident or attacks. Greeks and Romans also associated the golden crystals with their Sun God, Jupiter. They

believed the stone increased their strength and could neutralize enchantments.

Bushmen in Africa used Topaz in healing ceremonies and rituals to connect with ancestral spirits.

In medieval courts, Kings, Judges and other noble persons were often presented with an engraved Topaz to win favor and cultivate positive relationships. Falcons were a favorite carving subject. A powder ground into wine was believed to relieve asthma. Leaving a crystal in wine for three days produced an elixir that was used on the eyes to improve vision. Some beliefs held the stone could make you invisible during moments of danger.

Today Topaz is honored as the state gemstone in Texas and Utah. Blue Topaz is recognized as a fourth anniversary gift - Imperial Topaz for the 23rd anniversary. It is also one of the birthstones listed for November.

If you are on a journey of spiritual change, Topaz makes an excellent companion. It teaches you to trust in the Universe to guide and provide. Aiding you in fully recognizing the magical laws of attraction and manifestation and your ability to manipulate them. Meditations with a stone will help awaken your sleeping gifts and illuminate your co-creative energies.

The crystal helps you become more aware of your personal world, and the power you have to bring about positive changes. It strengthens your confidence to make decisions that are correct for you, giving you the fire and motivation you need to follow through on your choices. Work with Topaz to make your dreams your reality.

Artists may be attracted to the gemstone because it promotes your individual creativity. Stimulating your creative energies like a Muse, lifting your art to new levels. The crystal can be used as an energy battery when your demanding schedule threatens to overwhelm your day. Carrying a stone during those crazy days will help you stay mentally alert, while protecting you from unseen dangers that could thwart more than just your next appointment.

The color of your crystal has some impact on the energies it can bring. Here is a brief list of additional qualities you'll find in different Topaz. Always be open to what you feel or hear from your own stones as well. You may find Topaz assists you in ways not mentioned in this or any other article. Honor and accept that.

Clear Topaz: This is a stone of confidence. Giving extra strength to be yourself, unafraid to creatively express the beautiful voice the Universe gave you. Helps stimulate natural gifts.

Blue Topaz: Works with your Throat Chakra allowing you to voice the perfect words for bringing your desires and dreams into reality. Unites body, mind and spirit with the Universal All.

Imperial Topaz: A stone of Fire, burning with the energies of Grandfather Sun. This is the stone that will see your goals through, never allowing your confidence to waver, your motivation to fail. Use the crystal for a quick charge when your battery is low. Stimulates the first three Chakra, opens the Crown.

Rose Topaz: Opening the base Chakra and stimulating the Kundalini - this crystal is great for balancing the exhausting energies of passion and power. If you are quick to anger, carrying a rosey gemstone may help you temper and channel your anger into productive resolutions instead of fights.

Healing traditions for Topaz still recommend the crystal for relief from asthma and digestive problems. Patients undergoing long convalescence may use the stone to improve stamina, helping the body recover from its inactivity. It should help with insomnia by warding off nightmares, unproductive thoughts and allowing you to relax. It may promote the healing of wounds, strengthen your back and spinal cord and possibly aid in weight loss by raising your metabolism.

Rhodonite

Rhodonite is a silicate (Quartz) composite, in many ways, similar to Rose Quartz. Manganese brings out the rosy colors both stones are noted for.

Unlike Rose Quartz, it forms more patiently. Usually the result of the

Manganese morphing with other minerals like Aluminum and Calcium through a sedimentary process. Frequently, the exposed Manganese will oxidize as the minerals weather together, creating black and gray veins.

The crystal is very strong and has been a popular carving material for the last few hundred years. Russians have used it extensively, carving the sarcophagus for czars and emperors from whole slabs. At Easter, Russian children would exchange eggs carved from Rhodonite. Most Russian Rhodonite comes from the Ural Mountains.

While this gemstone rarely forms actual crystals, fine triclinic specimens have been found near the Manganese deposits at Wermland Sweden. Rhodonite found in Massachusetts has yielded occasional druzy clusters.

Russia and Massachusetts recognize Rhodonite as a national and state gem. A fairly common stone, it is also found in Alaska, New Jersey, North Carolina, Montana, California, New Mexico. In the 1960's, amateur rock hounds Tommy Raspet and Perry Williams found separate deposits in Washington state. Around the world Rhodonite is found in Australia, British Columbia, Brazil, Mexico, India, Madagascar, Japan, New Zealand and several other regions.

Its name comes from the Greek word rhodon for rosy. Though I did run across one reference that credited a Celtic word rhod, which means wheel, as the origins of Rhodonite's name.

Rhodonite does not seem to have a rich history of legend, but it is easy to feel this stone's unconditional love. Like Rose Quartz, this gemstone

teaches the all important lesson of self love.

This is a stone of self confidence born out of trust in your own heart, your own voice, your own choices. Carrying this stone will keep your mind calm, allowing you to process chaotic situations and patiently assess your

options. Rhodonite will strengthen your resolve, helping you be more disciplined in your walk.

Your Heart Chakra can really benefit from the energies in a Rhodonite stone. This crystal will activate, charge and clear this loving center. It gives you a new level of patience and understanding for dealing with everyday challenges. Approach conflicts with more constructive solutions that promote true equity for everyone involved.

You can also use this stone for balancing the yin and yang, your male/female energies. It makes an excellent meditation stone for promoting world peace, equality, brotherhood and human kind's generous spirit.

Use this gemstone to heal emotional scars left by old wounds. Begin to

accept the healing relief of forgiveness. Rhodonite also promotes physical healing following a traumatic accident or event. Victims of sudden heart attacks or equally serious illnesses may recover more quickly and more completely if they carry the stone during their convalescence. Wounds and cuts heal rapidly, with less scarring when a stone is applied to the injury.

Healers using psychic and intuitive energies in their medicine will find

Rhodonite an important companion stone. It protects you from being injured or permanently damaged by the harmful energies you work with. The stone gives the healer strength to remain constant and your intent focused during your task.

Rhodonite is recommended for emphysema and arthritis patients. It may be helpful in building the immune system and fighting throat infections, such as strep throat. You may also experience positive effects on the pituitary and thyroid glands, pancreas and the central nervous system.

Platinum

Platinum is one of the rarest elements available to humans. Traces of this precious metal show up in Mother's crust all around the planet. However the quantities are minute and extremely difficult to extract from the ore it's found in.

Platinum is one of a group of elements frequently referred to as PGM (Platinum Group Metals). There are a total of six different metals in this group: Osmium, Iridium, Palladium, Rhodium, Ruthenium and Platinum. These elemental metals are frequently found as natural alloys and share unique properties that have made them invaluable in a variety of industrial applications.

Native Platinum is extremely rare. Most crystals are found as small nuggets or grains in placer (placed by erosion from the weathering of softer host rocks) deposits. Crystals are cubes or octahedrons and tend to be pea sized or smaller. The very first Platinum used by ancestors probably came from these types of deposits.

Over the centuries more sophisticated processes have been developed to extract stubborn deposits of PGMs still layered in host rocks. Since the vast majority of Platinum resources fall into this category, the meteoric rise in demand for these metals is momentarily being met. The computer industry alone increased its usage of the metal 1000% during the 1990s. Estimates claim that at least 20% (1 in 5) of the items you purchase either contain or use a Platinum metal group during the manufacturing process.

Even with the improvements made in smelting PGMs, it still takes five to six months and a seven step process to separate Platinum from the multitude of other minerals it is found with. On average 15,000 tons of Silver and 1,800 tons of Gold are produced annually; compared to 120 tons of Platinum. All of

the Platinum produced to date will supposedly fit into a room approximately 25 feet square, 10 feet high.

South Africa produces over 60% of the Platinum used by the world. Russia accounts for another 25% and the remainder comes from the US, Canada, Zimbabwe, Columbia, New Zealand, New South Wales and Australia.

The name comes from the Spanish words for tiny (tina) Silver (plata). Conquistadors were annoyed with the Platina that kept getting mixed in with the Gold they were panning from the streams of modern day Columbia. It was considered of such low value that forgers used the metal to create molds for counterfeiting Spanish coins.

Archeological evidence shows that both Egyptians and South American natives used Platinum for jewelry over 1000 years ago. It was not until the conquistadors began bringing the metal back from the new world that it became widely known. Although it is one of the few metals identified with an alchemical symbol. Alchemy was an early "science" dedicated primarily to discovering the process that would turn ordinary stones or metals into Gold. Platinum is an excellent metal to study for this purpose, because of its outstanding catalytic capabilities.

During the 1500 and 1600s, Platinum began to make its way into the households of the Spanish elite. Sir Charles Wood brought the precious metal to England in 1741 and ten years later a Swedish assayer (Scheffer) identified it as distinct element (the seventh element to be recognized at that point).

In those early centuries of discovery, humans were not able to produce a fire hot enough to melt Platinum (3215-3221 fahrenheit). The metal was immune to any acids known at the time, in fact Platinum is an inert metal. It does not

react to other elements or chemicals, but can cause reactions (catalyst) between different chemicals.

Scheffer was the first to finally melt Platinum. By the 1780s it was already beginning to show up in a variety of products. Germany was fashioning high temperature laboratory apparatus that was proving extremely durable. The French used it for crucibles in glass factories. Pope Pius VI was presented a Platinum chalice weighing two kilograms in 1788 that had been crafted by Spanish goldsmith Francisco Alonso. Eventually silverware, chains and even buttons were being made in this new precious metal.

As the processes for extracting Platinum from complex ores improved, the uses for this magical metal kept increasing. In the early 1800s it began showing up in gun parts and used for the production of caustic materials (i.e. Platinum boilers for producing sulfuric acid). Inventors and scientists stood by with more applications, but resources were limited to one location, Columbia South America.

Then in 1822 alluvial deposits of Platinum were found in the Ural mountains of Russia. It would be another 100 years before the huge stores of the metal would be discovered in South Africa. In the meantime the new resources found in Russia met the world's current needs.

With the surplus, Russia became to first government to mint Platinum coins. During an 18 year period (1824-1842?) approximately 500,000 ounces of the metal were stamped into roubles. For the first time Platinum was viewed not just as an important industrial ingredient, but as a valuable form of commerce and investment.

A farmer in South Africa is credited with biggest discovery of Platinum ever

when it was found at Merensky Reef in 1923. With this new rich resource of the rare metal, applications for it mushroomed. Today, humans would be lost without this impervious material.

Platinum has proven an invaluable ally in the struggle to keep our air clean. Its use in catalytic converters and smokestack scrubbers helps to convert dangerous hydrocarbons into more benign carbon dioxide and water vapors. Its applications as a catalyst in manufacturing acids, fertilizers, synthetics, plastics and electroplating is nothing short of miraculous. Because of its inert properties (it remains unchanged, while causing change in others), the metal can be recycled infinitely.

The list of products that Platinum impacts is almost as large as your household inventory. Automobile parts, electronics, jewelry, computers, DVDs, fertilizers, batteries, fuel cells, fiberglass, oil refining, fiber optics, pharmaceuticals, clothing and glass are on the short list. Platinum touches almost every aspect of our lives, perhaps it is time we honor the boundless gifts of this metallic relation.

Even if you are never able to hold a piece of Platinum, there are some powerful lessons this metal brings to us. First and foremost, this metal has taught humans the value and importance of recycling. Because of its scarcity and durable inert qualities we have learned to recapture this element and reuse it again and again.

Platinum also teaches us the power of the smallest relation. As the rarest element on our planet, one would assume that it would be rare in our lives as well. However, just the opposite is true. The tiny quantities of this material that are available, touch almost every aspect of our modern life. Including one of our most magical modern tools, the world wide web. In many ways,

Platinum is the modern human's buffalo or woolly mammoth, we make use of every part (property).

These properties make this metal a powerful setting for gemstones and crystals you are working with. Like Gold, Platinum will super charge a gemstone set within its grasp. However, unlike Gold it does not add its own energy but increases the power of the gem and your intention. It will also act as catalyst when you are combining different stones together, helping them to perform in stronger unity toward your desired results.

The metal can bring focus and motivation toward the achievement of your goals. Platinum is actually a "dream driver". You can aim this metal at almost any purpose or goal and it will illuminate and assist your journey toward that end. This makes it an excellent setting for the Diamond which shares the same multi-faceted capability. Together they make an almost unstoppable tool for making your dreams come true.

Platinum stimulates the Third Eye and Crown Chakra, improving intuition and psychic skills. It can also perform as direct "wire" to the universe when you are wishing to communicate with your guides or angels.

Platinum is used in the manufacturing of life-saving cancer drugs and other pharmaceuticals. It assists the body in remembering and achieving health on a cellular level. The metal may be beneficial in keeping your eyesight strong and help you to digest and assimilate nutrients.

Even if you are never able to actually hold a piece of Platinum in your hands, you are never far from this metal's influence. The next time you are in your car, surf the internet, play your favorite dvd or stare out a window, take a moment to reflect on your vast connections to this magical material. Thank it

for the gifts that have made your life better, open yourself to its lessons that can make your spiritual life shine.

Peridot

Peridot is a stone that works well with self-image in regard to understanding the reason for our masks. The masks we wear include various masks for who we are at home, who we are at work, who we are at school, and peridot helps us to integrate these different people so that we can bring forth the truest sense of ourselves.

Peridot helps immensely with honesty in love or marriage situations, as well as honesty in communication.

Peridot brings about personal intuition regarding the face masks that we have created. Peridot gives us the ability to cleanse ourselves and to seek our spiritual selves in order that we can go forward with our personal talents and creativity without the masks and blocks that we created to keep us from knowing our full potential. Meditation with the peridot will assist in all of these endeavors regarding finding our true selves and removing these masks.

The peridot will also help with psychic ability regarding seeing other people's masks and the reasons behind them. In doing this, it will

help

you to understand the reasons for the masks, and also give you an understanding that there are many layers to people, and that each person

has put on a mask for defense of something that has happened in the past. In this regard, peridot shows us that we do not need as much protection from people as we previously thought; people are working toward personal health and healing, and the masks serve a point and a purpose toward that goal.

Peridot helps with money and prosperity of all kinds. Prosperity comes

in the form of not only money, but of friends, popularity, personal accomplishment, and good feelings toward your self. Prosperity can come in the form of items and lifestyle we desire. Peridot helps us to

understand that a particular lifestyle might not be what we originally thought prosperity meant.

Peridot is also a stone of the heart chakra. The soft green with the hint of yellow shows us our personal power within our heart. Peridot helps us be open to removing violence within our life, whether it is the violence we see on television or the violence that actually does us harm.

Opal

Many years before I began to study gemstones I acquired a lovely Opal ring. I was still a young girl, in my early twenties and had badgered my current beau into take me to a gem show. At the show I met a gentleman that was selling Opal jewelry made from crystals he claimed to have mined and cut himself. A rectangular shaped gem set in a simple Silver ring caught my eye and for a second I thought I heard my heart sing.

Shocked and delighted at the reasonable price this tantalizing ring could be had for, I gladly paid the gentleman. Without hesitation I put the ring on and knew her name was Freedom.

Over the next six years this gemstone traveled with me on every journey. To the Rocky Mountains, the Florida beaches, the Black Hills, across the Texas border into Mexico and a number of short trips to some of Missouri's beautiful places. Finally, after returning from an especially joyful journey, the stone cracked.

I put Freedom into a box in one of my drawers and never wore the ring again. One afternoon, on a whim I couldn't explain I tossed the ring into the Missouri River.

Frequently questions come from friends and clients about the dangers of wearing an Opal. I have to smile. Opals are not unlucky. It does not have to be your birthstone in order for you to work with this brilliant gemstone. Opal is not my birthstone (January - the stubborn old goat), yet, I had nothing but safe travels and wondrous adventures with my sparkling Freedom as a companion.

Opal gemstones are an identical cousin to Quartz. Their chemical composition is almost the same, silicon dioxide. However, about two to six percent of

Opal's content is hydrogen dioxide, water. The greatest difference is Opal's molecular make up, which is quite unique. It is the magic behind the mystery of its colorful dance with light.

Instead of behaving like normal silica and growing in its typical hexagonal fashion, the Quartz forms tiny spheres. Light that enters this spherical space is diffracted into playful rainbows that appear to be inside the crystal. If the spheres are arranged in compact and uniform patterns the play of light is spectacular. The further spaced and more disoriented the spheres are from one another, the less light is diffracted.

It was 1963, when scientists using a electron microscope discovered these tiny silica spheres. Before the Australians' molecular discovery, the source of this gemstone's rainbow brilliance gave rise to some colorful legends.

An Aboriginal story tells of the Creator using a rainbow road to journey down to Earth. He was bringing his message of peace for all the Humans. Where his foot touched the ground it turned the stones into tiny rainbows you could hold.

When Zeus defeated the Titans he wept with such joy that his tears turned into Opals as they hit the ground. India's Goddess of the Rainbow was so beautiful that the gods made constant attempts to win her favor. Finally, hoping to escape their relentless attentions , she turned herself into the crystal we now know as Opal.

The scientific explanations for how Opals come to be are as diverse as the myths inspired by its fire. Around the world, Mother found several ways to birth this gem, with one common denominator, water. Water is the critical ingredient in this gemstone's composition and essential to maintaining its

brilliance.

During the Jurassic and Cretaceous periods the Eastern portions of Australia were submerged beneath the Great Artesian Basin. Over the millennia this basin collected a vast assortment of trees, sandstone, limestone and the occasional animal in its sediment. When the waters retreated and left this area a desert, beneath its surface, geological magic was taking place.

A unique Silica gel with a spherical molecular make-up was seeping into cracks, fissures and slowly replacing the organic forms of trees and animals. Thousands of years later a colorful treasure of rainbow fossils and a gemstone that would delight and inspire were completed.

In Nevada's Virgin Valley a similar series of events took place to create some of the US's finest Opals, including the very rare black Opal. Mexico's Fire Opals were born from the steamy waters produced through volcanic activity. Volcanic Opals tend to be more unstable than those that formed during sedimentary processes.

When the water evaporates out of an Opal, it loses its rainbow and cracks. Miners that work with this stone call it crazing. Fire Opals have been known to craze in as little as an hour after being removed from the Earth.

Pre-historic Opal artifacts have been found on two different continents. Louis Leakey found pieces of the gemstone that had been used by inhabitants of caves near Kenya. The artifacts were carbon dated to 4000 BC. In North America there is evidence that Opal was mined from the Virgin Valley over 10,000 years ago. An archeological site called the "last supper cave" served as a residence for these early miners.

Today the Royal Peacock mines founded in 1912, are near the site and still yielding some incredible specimens. Like the Royal Peacock, a luscious black Opal found in 1970, weighing 50 ounces. In 1992 a 52 carat specimen with red and green fire was found in a sister mine, called the Northern Lights. The piece was dubbed the Dragons Tooth. An Opalized fossil of a Ginkgo log was discovered in the same mine weighing 130 pounds. One of the largest Opals ever found in the world.

Horticultural side note: Modern day Ginkgo trees only grow in Japan.

You can also dig at the Royal Peacock mine for a fee. Virgin Valley is pretty isolated, the mines are at the Southern edge of the valley, approximately 30 miles southwest of Denio Nevada.

The earliest Opal pieces were mined from areas around modern day Hungary and Czech Republic. Sometimes these crystals were shipped to the Orient for cutting and polishing, which caused earlier consumers to credit its origins to the East. It was occasionally referred to as Oriental Opal.

Similar words from different languages described this gemstone so perfectly their marriage gives us the single term Opal. Upala in Sanskrit means precious stone, Opalus is Latin for "to see a color change". The Greek translation for this phrase is Opallios. Pliny, in his historic (dated 79 AD) volume on the natural world used Ruby, Amethyst, Sapphire, Topaz and other great gemstones of the day to describe the Opal's rainbow habit.

Romans were greedy for this gem with the mystical fire. It was said to promote purity and hope. Ancient rumors suggest that Mark Antony was a great admirer of Opals. Senator Nonius of Rome owned an exquisite almond size stone, which Antony desired. When the senator refused to sell the gem, Antony had him

banished from Rome. Of course the Senator fled with all his possessions, including the coveted Opal. It's possible that this fabled gemstone is a small egg shaped specimen on display in the Imperial Treasury of Vienna.

Even though the Conquistadors were bringing Opal gemstones back from the new world as early as the 1500s, it remained a rare gem. Until the late 1800s or early 1900s, Hungary continued to be the primary source for the World's Opals.

On a cattle station called Tarravilla in Australia, Opal blocks were discovered by accident in 1849. By 1890 hopeful prospectors began mining areas like White Cliff, Lightning Ridge and Coober Peddy. Initially the Hungarians tried to undermine the blossoming Australian trade by claiming the material was too perfect to be real. By 1932 however, Hungary was forced to shut down mining operations because they could no longer compete.

One of the first finds was the Andamooka Desert Flame that weighed 6,843 kilograms. In 1956 the largest black Opal ever found was recovered from Lightning Ridge, Haley's Comet weighing in at 1,982 carats uncut. Today 95% of the World's Opal gems come from Australia. There are several other countries where the crystal is found, Zambia, Guatemala, Poland, Peru, Canada, New Zealand and Indonesia, to list a few.

Malachite

Malachite is a Grandmother stone. Her story goes back, past the burials of Egyptian royalty and into the years of unwritten history. Soft and pliant with swirling bands of green and black that intrigue

the eye and launch the imagination. Malachite is easy to carve or drill, so she quickly was adopted as an adornment and talisman by our most ancient ancestors. Making her our Grandmother.

There is a chemical reaction when Copper is exposed to Carbon in rain water and precipitation, it becomes Malachite. Sometimes this happens very slowly allowing crystals, stalactites and massive stone formations to grow. Other times it happens rapidly (especially in geological terms) as Bronze (an alloy of Copper) and Copper turn green from exposure to weather.

Crystals of Malachite are extremely rare, many are rounded, boytroidal (grape like) formations. On occasion monoclinic crystals (thin) and prismatic wedges are discovered, usually as twins. Very few Malachite crystals are large enough to be cut into gemstones. Ornamental pieces of the stoned are carved to exploit Malachite's intricate concentric bands.

These bands form as the gemstone grows through centuries of different hydrothermal events, rain and or precipitation. Rings forming "eyes", sometimes referred to as peacock's eyes, are highly sought after by the jewelry industry.

Azurite, Turquoise and Chalcopyrite are some of Malachite's Copper cousins.

Malachite and Azurite are especially close, often growing into one stone.

In the earliest written documents on natural gifts, Malachite was associated with the herb Mallow, and the Greek word for this herb,

Malache may be the origins of its name. Other references cite Malakos the Greek term for soft as the root for Malachite.

Anywhere that Copper is found, Malachite is available. The earliest mines were believed to be in Western Asia where they were smelting the gemstone to produce Copper. Much of the Copper produced there ended up in Egypt. Today some of the world's prettiest specimens come from Zaire, Australia and Bisbee Arizona in the Southwest US. It is also abundant in England, Namibia, Chile, France, Mexico, Germany, South Africa and Romania.

One very important location for the Malachite gemstone is missing from the list above. The Ural Mountains of Russian gave birth an unbelievable array of gems and crystals during their formative centuries. It is no wonder that these magical mountains also gave birth to a mythical Mistress of Copper Mountain, protector of of the mountain's crystal children.

In 1944 (that's the oldest copyright I could find) Pavel Bazhov wrote a book called "The Malachite Casket". This collection of stories about the Mistress of Copper Mountain is based on tales the miners from the Urals have passed down. Many of these stories revolve around Malachite gemstones and the consequences of stealing or being given these gifts from the Mistress.

An unrelated reference mentioned an old Russian tradition that claims drinking from a goblet made of Malachite, allows you to understand the animals. It made me wonder if this tradition comes from one of the Ural Mountains tales of the Mistress.

Egyptians were some of the first to use the crystal as an adornment.

Besides wearing jewelry made from Malachite, a powder made from the stone was also applied as eye make-up. This was probably not wise, as the dust from Malachite can be toxic.

Hanging a Malachite from an infant's cradle was believed to keep away evil spirits and give the child a restful sleep. In Germany a talisman of Malachite and Turquoise was suppose to keep you from falling. If your stone breaks, it means that danger is coming.

Italians would carve the image of a rooster on the stone to enhance it's protective powers. Rooster represented the power of the Sun, which held dominion over demons and was a defender of children, women and the weak. Other traditions would simply carve the image of the Sun for the same protective enhancement or to protect against the venom of poisonous creatures. Malachite stones with eye rings were often carved into a triangular shape and set in Silver to be worn as protection against the "Evil Eye".

Malachite might provide protection against poisonous spiders or snakes, but it doesn't protect you from itself. For many years oil paints were created by crushing this gemstone. When this paint becomes damp it emits toxic fumes. If you carve or work around the dust of this crystal, keep the stone wet as you are working and please wear a respirator.

In you own life, Malachite can work for you on many levels. In your personal life it can help you in appreciating the beauty around you. Not just the beauty of our planet, but it will also help you to understand and value the artistic accomplishments of our species.

Using this gemstone with other stones or tools will enhance their powers. Whether you are trying to improve your financial situation, a health problem or bringing some other change, Malachite will add its creative energies and an extra boost to your creative work.

To draw customers to your business, try placing Malachite in the four corners of your store, or simply keep a piece in your cash register. If you are involved in a job that requires you to "sell", Malachite will aid you with your presentation skills, helping you find the right words for each different customer and facilitate in closing the deal. Partners in business can exchange this gem to promote loyalty, honesty and success in the partnership.

Are you trying to release a bad habit or harmful thoughts from your life? Are you trying to let go of a past injury that is still festering in your heart? When you send something out of your life, even a harmful thing, you must fill the space that you have emptied. Sometimes it takes us a while to know how to refill that emptiness with something that will nurture as oppose to harm.

Malachite can serve as a "filler" as you go through the process of letting go. Protecting you from refilling your new empty space with different, but similar destructive emotions because they "feel comfortable".

If you are having trouble reaching a goal, try some meditations with Malachite. It will aid you in seeing what obstacles lay in your path and assist you in developing a step by step plan that will get you where you want to be. It teaches responsibility while helping you to

understand problems and actions on a very intuitive level so that you can respond to them instinctively.

In health, Malachite is especially helpful in opening and stimulating the Heart Chakra, helping to heal emotional blockages that can lead to an unhealthy body. Its Copper content makes it an excellent candidate for relief from arthritis. For many centuries midwives carried the stone to assist with deliveries. It is also beneficial in relieving cramps and other problems from menstruation.

Its historic association with different female divinities has also made it popular as a stone for female health. Promoting healthy development of a young girl into womanhood. Malachite may also assist with mending broken bones, improving immunity and the circulatory system.

Some references cite it as a detoxifier, but given Malachite's potential to be poisonous, I don't recommend making elixirs from this gemstone.

Lodestones

PIEDRA IMAN - A matched pair of lodestones with a sprinkling of magnetic sand. Commonly used to "draw things" - especially luck and love. Pairs come natural or in painted colors:

Red Lodestones - Drawing Love

White Lodestones - Drawing Blessings and Health

Black Lodestones - Drawing Negativity to an Enemy

Gold Lodestones - Drawing Money and Prosperity

Green Lodestones - Drawing Luck and Jobs

Natural Lodestones - All Purpose Drawing

Lodestone (aka Magnetite)

Humans were instantly drawn to the magnetic magic of Lodestone, also known as Magnetite. Chinese experiments with the gemstone's directional properties in the early 12th century would eventually play a significant role in the discovery (or demise) of the New World.

Lodestone is an iron oxide. Over 70% of the stone's composition is Iron, the balance is Oxygen, sometimes with minute amounts of Manganese, Nickel, Chromium and Titanium. This fairly common gemstone is normally found as large masses in igneous stones and residual clay deposits. It occurs as placer deposits in areas where native rocks are worn away by water erosion and the Lodestone collects along the wash. In the Adirondaks it is found as lenses formed in metamorphic rocks.

Magnetite crystals are rare. Isometric octahedron and dodecahedron crystals are occasionally found in igneous deposits. Gorgeous black crystals have been collected from the volcanic rocks around Nova Scotia. In Putnam County NY,

crystals are found imbedded in Calcite. The stone is available almost everywhere, all over North America, China, Russia, Africa and Europe.

Hematite and Lodestone have strikingly similar appearances. Both are silvery gray and heavy with Iron. Hematite is not magnetic. Though I have had pieces react to magnets because of the high iron content, the stone itself will not magnetize. Egyptians considered Hematite a stone of Set or evil. While Lodestone was considered a holy substance provided by Horus. Under close inspection, Lodestone is somewhat duller than Hematite and its surface will be slightly pitted.

I have watched Lodestones form a small magnetic chain when I first remove them from their packaging. One particular pair seemed so attracted to each other that I ended up selling them as a couple.

Lodestone's energy was associated with attracting lovers to each other, long before it's magnetic properties were put to practical use. It was Thales who first recognized the stones power to attract in 587 BC. Initially it wasn't even considered a navigation breakthrough. Instead this crystal's mysterious powers were believed to be an important tool in bringing partners together and pulling illness away.

Dioscorides a Greek physician in the first century AD, advised husbands on how to use the stone to determine their mate's faithfulness. Husbands were told to hide the stone on their marital bed. When their mate came to the bed, if faithful, would immediately kiss him. An unfaithful mate would fall out of the bed.

Working women would wear the gemstone to draw customers. Wives would keep one to bring back a wandering mate. An oil elixir from Lodestones was said to

increase a man's virility. Rituals using the stone could attract a lover and ensure mutual fidelity for the relationship. In 16th century India, a king ordered all of his meals be prepared in pots made of Lodestone to maintain his sexual stamina. Today, in Mexico men wear a Magnetite in belt buckles to enhance their performance.

Its role as an ancient viagra shrinks in comparison to the dramatic impact the magnetic properties of the crystal had on Human development.

Before the Chinese discovered that an Iron needle magnetized by a piece of Lodestone would point North, mariners navigated by the Sky. This was not always a reliable tool, when it became cloudy all could be lost. Literally. As a result most naval exploration took place within the sight of land. Providing rather lack luster and limited results.

Ancestors of the compass were nothing more than a needle or Lodestone resting on a pivot. In 1302 Flavio Gioja of Amalfi attached the needle and pivot to a card illustrating the direction of the Four Winds. Flavio called his device a compass-card and his enhancements freed mariners forever from the old constraints of navigation. Most likely setting into motion events that eventually led to Erik and Christopher finding North America.

One drawback to early compasses was that the Iron needle could lose its magnetism. A prudent mariner always carried a Magnetite with him to recharge his compass. Ensuring he would never lose his way and giving the stone its popular name. Load or lodysshe are old English for way. Way stone.

It also accounts for the Lodestone's reputation as an extremely lucky talisman. Its magnetic qualities work to attract money and repel danger. Alexander the Great provided all of his soldiers with the gemstone to keep

away evil influences and spirits sent by the enemy. Thrones constructed of the mineral would bring wealth, success, power, love and loyalty to those who sat upon them.

Not everyone looked upon the Magnetite as an attractive stone. Some believed its magnetic energies were the result of a resident demon. Puritans considered it a morally dangerous gem, drawing people into wicked behavior. However, I can state unequivocally, after carrying my Lodestone for almost a month, not once was I tempted to behave in a wicked manner. At least not what I would consider wicked.

You will find Lodestone to be a wonderful companion though. The versatile nature of the magnet (attract and repel) means you can use your Lodestone for almost any kind of creative work.

When you start a new job or move to a new town, carry a Lodestone to help you connect with new friends or co-workers. Ask the gemstone's energy to bring to you those who will understand and relate to you, while keeping away those that might cause you harm or trouble.

Undertaking new goals or just feeling a little off target? Use a Lodestone to stay your course. The stone can eliminate obstacles, relieve burdens that are weighing you down and give you the determination to complete your tasks. As you begin to reap the fruits of your labors, this stone will boost your motivation and self confidence, wiping out your insecurities and self doubt. Learn to let go of the shore and sail for the open sea.

Lodestone makes an especially poignant gift for children leaving for college, the military or just moving to the other side of town into their first apartment. Let it serve as their compass through life, provide them protection

and tell them it will always point the way home.

Because Lodestone is a magnet for the Heart as well as North (North in some traditions symbolizes the hearth or home).

Use the crystal to add a little spice to a relationship that is spending too much time on the couch. Place the gemstone under your mattress (or a couch cushion) and see if you can generate some new sparks when you are together.

For your spiritual journey, Magnetite can help you in receiving from the Universe. Many believe, if you place the stone in your ear, you can hear the voices of the Earth gods. It certainly represents a powerful connection to Mother Earth and can activate your base Chakra. It also provides a temporary balancing for the other Chakra. You can use a Lodestone to align your male/female energies. The stone will teach you to find great joy in the most simple moments. When you are lost, use your Lodestone to point your way home.

Healers have long been attracted to the healing potential in Magnetite. About the time Thales was recording the gemstone's magnetic qualities, Greek physicians were using it to treat disease by rubbing a stone on the patient's skin. It is still very effective at helping to draw out illness and pain.

Practiced healers use the stone to activate the body's own healing energies. When you are sick your natural rhythms become imbalance and energy gets blocked. Lodestone can break through these blocks and help the physical body regain its balance, allowing your strength to flow freely.

This stone may help relieve headaches, rheumatism and rejuvenate anemic blood. Some traditions credit Lodestone with reducing the pain of childbirth, especially when used with Moonstone or Coral. Athletes may find their injuries

heal quicker when they carry the crystal. An American folk remedy suggests putting a gemstone in a black bag and tie it around your neck with a black ribbon to treat gout.

Lodestone Notes:

If you use a Lodestone to draw out disease during healings, you should cleanse after every session. A simple Sage smudge or your favorite cleansing prayer should be enough.

Some Lodestones are classified as male/female, especially for use in mate and fidelity energies. A pyramid shape or pointed stone is Male; cubical or rounded stones are Female.

Feeding Lodestones - there are traditions that consider a Lodestone a "living stone" (as if others are dead somehow) and recommend feeding and watering your gemstone. Iron shavings or magnetized sand sprinkled over the stone is the preferred method of feeding. To water your stone, set it overnight in a dish of water then allow to dry in the Sun the next day. One source suggested watering and feeding at the same time, except with all that Iron, you may end up with a lot of rust if your stones don't dry quickly. Since my Lodestone never mentioned being hungry (and I carried him all month), I'm not sure how often to recommend doing this. Do what feels right for you.

Kyanite

History and Legend

The name is derived from kynos, the Greek word for "blue." Because of its particular characteristic of developing different hardness in different directions, it was also given the name disstenos, which means dual hardness.

Because of its dark blue color, the ancient Greeks identified Kyanite as the protective stone of seafarers. It was offered to those about to embark on long journeys.

Healing properties

Kyanite is ideal for wearing round the neck because it has beneficial effects on the throat. It promotes the ability to speak easily and express oneself and to learn languages. It removes energy blockages and stimulates vital energy. It is used to treat hearing disorders, eye problems, and problems of the sense of smell. Psychologically, Kyanite produces positive energy, sharpens the concentration and encourages calmness. It relaxes, drives away sadness and makes life seem more worth living.

Magickal properties

Kyanite symbolizes lightness and leads to new thoughts

chakra classification

placed on the throat chakra, Kyanite lightens the soul and combats lack of feeling

star sign

Kyanite is associated with Aries, Taurus, and Libra

Application and care

after wearing or using for healing it should be cleansed under warm running water. Recharge among rock crystals.

Facts:

Kyanite is found in several colors ranging from white to bluish-white, pale blue, and intense blue. The deeper the blue the stronger its healing properties. The presence of crystal inclusions in the parent rock make particularly powerful healing stones.

Where found

Finland, Austria, Switzerland, Italy, West Africa, Brazil, USA

Colors:

from white to blue, occasionally also pink yellow, or green stripes

Hardness 4 to 7

Available forms

rough stone, tumbled stones (rarely), pendant

Gold

Gold is an amazing metal. It does not corrode, rust or break down in any way. It is incredibly strong. One gram of Gold can be stretched into a thin wire measuring one kilometer (5/8 of a mile). Of the known 80,000 metric tons that have been mined throughout history, most of it is still around in one form or another. Gold used in gilding has been hammered into paper-thin sheets. No other metal is as ductile, malleable or stable as this bright mineral. Nor has any other mineral captured, corrupted, or enlightened the soul of Humans the way that Gold has.

Unlike other metals, Gold is rarely found included in other minerals. Though a type of Quartz with veins of Gold has been discovered in California. Where it is available, Gold is normally found in its purest form. As a crystal, it can sometimes look like a glittering alien plant. Twins, cubes, octahedra and dodecahedra crystals are other common Gold crystal shapes. Near the vents where volcanic steam and heat escape from the Transylvanian mountains yield some of the most beautiful Gold crystals in the world.

Nuggets are the most common shape that Gold is found in. Gold initially emerges after magmatic or hydrothermal events. Huge deposits have been discovered near veins of Quartz, Pyrite and other minerals that form as a result of this type of geological activity. Silver, Copper and Iron are sometimes found in the same deposits.

Most of the igneous (magmatic) material that Gold is deposited in, has worn away over the millennia. The remaining nuggets wash into nearby streams and water flows. This is called an alluvial flow and a high percentage of Gold is still retrieved from these washes. Crystals and deposits that still remain in the host rock are called reef Gold. Alluvial deposits have also been referred

to as placers and leads, depending on whether or not you were in the California or Australian Gold rush.

It is believed that the earliest known sources of Gold came from alluvial deposits. Shepherds along the Black Sea using sheepskin to pan Gold from the rivers that flowed into the sea, may have contributed to the legend of the Golden Fleece.

The first evidence of Gold being used for jewelry dates back around 6,000 years ago. An Eastern European culture used the metal to fashion decorative objects. It is believed the Gold came from the Transylvanian Alps. Turquoise, Lapis Lazuli and Carnelian set in Gold were found in Queen Zer of Egypt's tomb dating back to 3,000 BC.

Many of the Egyptians tombs were robbed of their riches long before archeologists began exploring them. Which is why the discovery of Tutankhamen's tomb was so important. Because the tomb had managed to remain intact through the centuries, we are able enjoy some exquisite examples of Egyptian Golden craftsmanship and artwork.

Humans enamored by its brilliance, and very conscious of its lack of availability quickly accepted Gold as a universal standard of exchange. Everyone wanted Gold, and eventually many would do anything to get it. Coins were first minted from Gold around 560 BC. History credits Croesus, then King of Lydia for kicking off this long-lived trend.

While history repeatedly illustrates the horrid effect that greed for Gold has had, no other culture suffered more from this greed than the indigenous peoples of the Americas. The impact of the conquistadors quest for the elusive metal basically wiped out the Incan, Mayans and other important Central

American civilizations. Even as late as the 1830's the lust for Gold was still tearing apart native cultures. The infamous Trail Of Tears, driving the Cherokee Nation from the Carolinas to Oklahoma was the result of Gold being found in the Quartz veins of the Blue Ridge Mountains. Ironically in the early 1700's, the Cherokee were first given those very same lands because they were deemed of little value.

This powerfully hypnotic metal quickly found its way into our spiritual cultures as well. The Libyan Desert is supposedly the result of Helios' (a Greek Sun god) son loosing control of his father's Golden Chariot and crashing. Moses was instructed by God to fashion Aaron's High Priest breastplate from Gold and a variety of gemstones. In rituals throughout Asia, statues were gilded in Gold in an effort to bring them to life. Buddha images were layered in the metal as a sign of absolute perfection. Byzantine painters used Gold in their art to illustrate the divine light of subjects like the Christ Child and Madonna.

Egyptians believed Gold was the flesh of the Sun and were eager to adorn their gods and pharaohs with the metal. Aztecs associated it with the Earth's new skin, just before Spring would bring rains and reawaken the fertile land. It was a symbol of eternal renewal. In West African traditions Gold was the Tree of Knowledge and the Throne of Wisdom.

Magicians used it to summon and project their power. Herbalists would use knives of Gold to cut plants to strengthen the healing and magical powers of their herbs. Gemstone rings, bracelets and amulets set in Gold aided in clarifying and manifesting the intent of the wearer. This is especially true of Ruby, Sapphire and Diamond.

Today Gold permeates our society. Each jet engine on a Boeing 777 uses two

pounds of Gold. Glass is coated with gold for airline windows, telescopes and used extensively in medical implants. Everytime you touch a key on your computer's keyboard, the message is relayed to your computer using Gold circuits. Dentists use 26,000 pounds of Gold a year, just in the USA. This magical metal can even aid in pollution, helping to convert nitric oxide to a harmless nitrogen and CO to CO₂.

Setting your favorite gemstone or crystal in Gold can bring a fiery new energy to your work. Inside Mother Earth is a molten fire that keeps our planet warm and safe for life. Gold is Mother's purest reflection of that energy. Nothing alters this metal, not Fire, Water, Air or the ravages of time. It remains as constant as the pure love of our Mother and Father for us.

Using Gold helps you to summon the power of this perfect love into what ever your intent is. It will perfect your aim so that you attain your goals with the fewest obstacles.

Gold assists you in clearly communicating your intentions into the gemstone you are working with. Its energy will drive both you and your crystal to achieve your highest potential. When placed over any Chakra, it will activate and magnify that Chakra's energy as well as provide intense healing.

Gold also represents the divine light of Grandfather Sun and can be a wonderful spiritual guide, lighting the path to your highest good. As your sense of personal power grows under the brilliant influence of this metal, so will your confidence, courage and determination.

Just like Gold circuits in computers help energy to travel, the metal works much the same way with you spiritually. Allowing knowlege and wisdom to move easily into your thoughts and actions and sending your intentions reliably out into the Universe.

Regular Medical science has used Gold in the treatment of arthritis for quite a while. Dentists have employed it in their practice for centuries. Its durable nature has made it popular for implants and various medical devices.

Current holistic treatments utilizing Gold include aiding with skin disorders, heart trouble and removing emotional blockages. Gold's ability to conduct energy may be beneficial in relieving autism, dyslexia, and epilepsy.

Be aware, the Gold you purchase in a jewelry store, will probably not be pure Gold. Because of its soft nature, jewelry of pure Gold can be rather fragile. Not that it will break, but it will bend, distort and scratch fairly easy. The purest and softest is labeled 24 karat Gold, and it is 100% Gold. It should also be handled with the great care.

Cooper and Silver are the most common metals mixed with Gold for jewelry. Iron, Zinc, Nickel, Tin and Manganese and also be used. The karats indicate how much Gold there is versus other metals. For instance, 18 karat Gold is 18 parts Gold to 6 parts Silver or Copper (normally) and 14 karat Gold is 14 parts Gold to 10 part other metal(s). Anything under 10 karats cannot be called Gold in the US.

Silver and Copper are mixed with Gold to create the tri-colored Black Hills Gold. The greens come from Copper and the white from Silver. The jewelry must be made in the Black Hills to bear the name.

Diamonds

Diamond is not the oldest gemstone known to humans, however it could easily be one of the most influential.

The crystal appears to have first surfaced around 1200 to 1300 BC in India. Which was the only known source for Diamonds until they were discovered in Brazil in 1725. The African Diamond deposits were not found until 1866 and Arkansas' Crater of Diamonds began yielding her glittering gifts about 60 years later in the 1920s.

The earliest legends and traditions associated with Diamonds come out of India's Vedic and Hindu practices. One of sixteen offerings in a traditional Hindu worship ceremony was an offering of gemstones that included a Diamond. The offering of these precious gems would be returned to the giver in an "immense and endless quantity".

Vedic traditions cautioned against women wearing Diamonds. It was believed that a woman who wore this crystal, especially in great quantities or size would become like the stone. Hard and resistant toward her husband and children.

Red inclusions or a red Diamond could bring death to its owner. Supposedly even capable of killing the "master of death", aka the grim reaper. Fortunately red Diamond crystals are incredibly rare.

Diamond's name comes from a Greek word, adamas meaning invincible or unconquerable. Many traditions during 1500 - 1700 AD attached qualities to the gem attributed to its resistance to harm. Several protective powers are assigned to the stone; protection from poisoning, nightmares, demons and disease are a few.

During the Middle Ages, when the plague was ravaging Europe, the rich decided that it was their Diamonds that had kept them from getting ill. In reality, it was their isolation from the crowded ports and marketplaces that had saved them. Mary Queen of Scots used a large Diamond to prevent her from being poisoned, unfortunately she needed protection from a different sort of threat.

Another tradition from that time was the belief that a Diamond must be gifted in order for its power to be effective for the user. The stone's Spirit was said to be offended when the crystal was purchased and would vacate the gem. If the Diamond was offered to another individual as a gift, without strings, then the crystal's Spirit would shower the owner with all manner of good fortune, courage, invincibility and long life. For maximum results, you would set the gem in gold and wear it on your left hand or arm.

The very first Diamond engagement ring was given to a Mary of Burgundy by Archduke Maximilian of Austria during the 1600s. During the 1900s publicity efforts by DeBeers and the Diamond Promotion Service has made the presentation of a Diamond engagement ring an almost invincible tradition.

Famous Diamonds are plentiful throughout gemstone history and lore, with the Hope being one of the most notorious. The Hope Diamond may have been a gem stolen from an idol in India. Or simply one of the many stones that French Diamond merchant Jean Tavernier brought back with him during his numerous buying trips to the orient during the 1660s.

While the Hope's distant past might be murky, the misfortune and tragedy suffered by its chain of owners is well documented. Smallpox, the guillotine, financial ruin, suicide and tragic accidents are just a partial list of the ill fortunes suffered by its owners. Today, this infamous blue crystal resides

in the Smithsonian, in the possession of the United States. Perhaps we should have a ceremony and give it back to Mother.

The Dresden Green is another fairly well known (and rare) Diamond. The stone arrived in London in 1726 courtesy of Marcus Moses (a big gem merchant of the day) where it was cut and polished. A couple of decades later the cut gem was sold to the King of Poland. From there the stone was broken into two different Dresden Green's; ended up in the possession of the German's during WW II, captured by the Russians at the end of that war and in 1958 it was finally returned to the city of Dresden by the Soviet Trophies Commission. A glass model of the original Dresden Green resides in the British Museum in London.

Russian czars loved collecting these brilliant gemstones. One of the largest cut Diamonds in the world is the 189 carat Orloff that is mounted in the Russian Imperial Scepter. Peter the Great is said to have given his queen, Catherine I a crown decorated with 2500 Diamonds.

The largest cut Diamonds in the world are in the possession of the British. A 530 carat pear shape called Cullinan I, aka the Great Star of Africa and a 317 carat stone decorating the Imperial State Crown called the Cullinan II.

"Uncle Sam" is the largest Diamond ever found in the US. It was recovered from the Murfessboro Crater of Diamonds in 1924, weighing 40.23 carats before cutting. The slightly rose colored crystal was cut into an emerald shape weighing 12.42 carats. First Lady, Hillary Clinton wore a natural, uncut Arkansas Diamond crystal set in a Gold ring to the 1992 presidential inauguration. This perfect, 4 carat specimen has such a brilliant natural luster that it was set in its original state, without any alterations. Another rather famous Arkansas Diamond is the Searcy Diamond. This pale yellow, 27.21 carat gem quality crystal was found in a cotton field by a young working girl.

Pellie Howell later sold the uncut stone to Tiffany's for \$8500. The stone remains in the company's possession and has still not been cut.

Today the Diamond crystal is an important tool for geologists in trying to unravel Mother's past. As one of the oldest things on Earth, approximately 3 billion years old, this crystal is one of the few survivors of our planet's violent birth.

The pressure needed to crystallize Carbon can only be achieved deep beneath the Earth's surface. Just like any other crystal, Diamonds capture elements in their vicinity as they crystallize causing inclusions. Microscopic studies of inclusions have revealed that many contain minerals like Garnet, Olivene and Pyrrhotite. Studying these inclusions is giving geologists new insights into the planet's core and in determining probable past events.

You might find yourself unraveling the answers to many of the Universe's mysteries through meditations with the Diamond crystal. This crystal's clarity is very effective at opening up the Third Eye and Crown Chakra. Its influence on these important points can assist you in achieving a higher level of self-awareness and your part in the chain of creation. It can also be highly useful in clearing blockages along the Chakra pathway allowing the Kundalini to be stimulated and energized.

Use this gem to give you a clearer insight into the workings of your life. It will assist you in seeing compromises and choices that you've made, but may not be benefitting you. You'll find it easier to overrule unnecessary restrictions that you have put on yourself and those around you. Diamonds promote courage, both spiritual and physical, and with courage you'll find the freedom to be your very best, without the need to judge others.

When you have a set back in your goals, or your plans don't work like they should Diamond makes a good companion. The crystal will help you get past the depression and fears that come from alleged failures. It allows you to analyze flaws and expectations without emotional influences. This ability to have a cold, clear perspective of your plans and dreams can improve not only the execution of them, but to know which ones are worthy of your pursuit.

Students may benefit from Diamond's influence as well. Clearer, more analytical thinking allows for quicker absorption and application of lessons. The gemstone can assist with problem solving, something I could have used help with when tackling those awful word problems in math. You know, the ones with trains, speed, people and miles.

There doesn't seem to be a great deal of agreement on the Diamond's true health benefits. Although it does improve mental health, and a healthy body starts with a healthy mind. Some of the older traditions recommended as a protection against poisoning, though other texts cited its use as one.

Diamond's ability to keep the Chakra clear of blockages probably benefits your body's hormonal and glandular system. Since the Chakra directly influence the main glands that produce the hormones you need.

It is sad that the fate of this lovely and talented crystal is controlled by greed. Still, I am a strong believer that when you work with a gem or crystal it is not the size of the stone that matters, but the size of your intent. If you are lucky enough to welcome a Diamond into your life, regardless of size, you have a powerful Gem Spirit that will inspire dramatic changes in your path.

Clear Quartz

Suggested Chakra: Crown

Color: Crystal clear (te he) to a cloudy white

Zodiac Sign: All

Clear Quartz is a very useful and very helpful crystal for everyone and is a must have in your crystal collection.

Clear Quartz has many uses and it can also be used for anything,

Quartz can be used as a clarifier or a magnifier.

It will bring clarity to you or to a situation that you are unsure about.

Put it with another crystal to magnify the energies that it possesses.

Not sure what crystal you should use for something, well just grab a Clear Quartz and charge it for what you need.

In its different forms Quartz can be used for different things points can be used to direct or extract energies, spheres or pieces with rainbows, fractures, windows ect can be used for scrying or divination.

Use a cluster to send energy in all directions to move the Chi around (Feng Shui).

Add Clear Quartz to a pouch of Lavender and White Sage for a more confident connection to your Spirit Guides.

With Samhain just around the corner make an elixir of Turratella Agate and Clear Quartz to make the connection to your Ancestors clearer.

CHRYSOCOLLA

The stone is worn to help aid a headache. It will aid in emotional strengthening. It will help to alleviate negative within ones self. The stone will help dispel ones fears. Astrological sign of Gemini, Virgo, & Taurus. It aids in preventing ulcers, digestive problems, arthritic conditions. Strengthens lungs and thyroid gland. Enhances metabolism. Excellent for female disorders. Alleviates fears, guilt, tension. Helps clear subconscious imbalances. Activates feminine qualities. Amplifies throat chakra-creative expression, power, communication. Joy, emotional balance. It is

a very soft Hydrous copper silicate, appearing in stalactitic masses of microcrystalline crusts of bright shades of greens to blues; translucent with greasy luster; turns black if heated while the copper content burns a flame green. It looks like spilled paint that ran. It's a useful Copper Ore but other than the use in Crystal Magick collections, not much valued. Find it with azurite, cuprite, malachite, and turquoise. Chile, Italy, Mexico, Morocco, U.S.S.R., U.S. in Arizona, and in Zaire.

I've not found it connected to properties found in most books. Nor is it much for handling, as it will wear easily. So I've gone with the colors for soothing, calming results. And occasionally as a symbol for the God.

Receptive Energy and Water Element with soothing qualities; good for calming Taurus, Geminis, and Leos on their bad days; Cancer comfort and shyness; Virgo, and Capricorn calmness; gentle Venus; Blue Moons though not sure why except it feels right; Wounded Healer Chiron, for how well it can be easily rubbed away; Pluto changes because of its associated minerals.

Blue Lace Agate

This gentle blue member of the Agate family is the

Earth Ecology

Award's

symbol for World Ecology. They chose this intricately

designed Quartz

because of its resemblance to Mother Earth's

appearance from space.

Astronaut Dr. Harrison H. Schmitt (he rode in Apollo

17) commented

while

orbiting Earth, "If there ever was a fragile appearing

piece of blue

in

space, it is the Earth right now". Earth Ecology Award

must have felt

the

delicate patterns of the Blue Lace Agate echoed those

sentiments.

Agates are plentiful. Blue Agates are not, especially the pleasing blues found in the Ellensburg Blue, or the older stones found in the Scottish Blue Hole. Blue Lace Agate was only discovered in the last 40 years, by George Swanson in the Kalahari desert. In 1980 Nick Lorimer discovered Agates in an old quarry in Angus Scotland, rivaling the stones found a century earlier in the Blue Hole.

Blue Lace Agate formed as most Agates do. An extreme geological event liquified silica (Quartz), and dissolved crocidolite (the same mineral that gives Hawk Eye its blue color) filling cracks and cavities in the surrounding terrain. Over the centuries, as the geological forces slowly subsided, these Quartz filled stones would alternate

between periods
of
submersion and cooling down. This built uneven layers
and fractures,
creating the lacy patterns we are so drawn to in this
Agate.

There is little history on Blue Lace Agate or even
Blue Agate. Partly
because of the rarity of the gemstone, partly because
of the
ignorance of
European settlers. The blue Agate now known as
Ellensburg Blue, was
held in
high esteem by the Northwestern Native American
tribes. In some
cases, only
the Chief was allowed to wear one, regardless, it was
essential that
at
least the Chief have one of these Agates. Initially
they tried to
trade
their blue treasures with their new neighbors. The
settlers could
think of
no use for an old blue rock.

This little Agate is making up for lost time though.

It is now
recognized as
a symbol of peace, hope, ecology, truth and other
noble ideals.

In your own work, Blue Lace Agate is excellent for
opening and
activating
the Throat Chakra. Often, when you are afraid to speak
out against
actions
that hurt you or those you love, anger builds up,
creating a wall
your words
can't get out of. Blockages like these can be
detrimental to your
health,
physical and mental. This loving Agate can assist you
in tearing down
that
wall and allowing the correct words to come. Words
that can bring
about a
peaceful solution to your troubles.

The gemstone will open your communication with the
Universe. Helping
you
form your intentions correctly, so that the outcome is
for the good

of all.

And allows you to understand messages that are being given to you.

Blue Lace Agate is one of my favorite gemstones for honoring Father

Sky.

Looking into its layers of blue and white can lift you up in the joy

of

flight. Feel the delightful sensation of Father's

breath across your

skin as

you fly free above your Mother. Use your blue gemstone

in a cleansing

ceremony. Invite Father Sky to blow out the old stale

air from your

life and

bring in a fresh new wind. Leave the stone in the

branches of a tree

or on

top of a hill to show your gratitude.

Keep one in your car to lift your spirits when day to

day driving

frustrations try to send you over the edge. At the

office, it could

help

diffuse tense situations, helping the individuals

involved find

creative

ways to express and resolve conflicts. You can use these same calming energies at home as well.

This is a wonderful stone to carry in any stressful situation. Your

biological reaction to stress is to fight or take flight. Very few of

the

challenges we face today will be resolved by violence or running

away. This

airy Agate helps you take that deep breath, and assess the problem

calmly.

If you listen, in that quiet moment, this crystal may

whisper the

answer in

your ear.

Blue Lace Agate has been recommended for headache and

the joint pain

from

arthritis. It can help release harmful memories that

may manifest

themselves

as disease. Use the gemstone to promote a healthier

body by having a

healthier spirit.

Today's Stone - Bloodstone

The name can be a little misleading when it comes to bloodstone. It's actually deep green, with only spots or flecks of red. Bloodstone is a form of jasper.

In rituals, bloodstone is used for strength, courage, ambition and any other area that is associated with the element of fire.

Ancient folklore claims that bloodstone would help heal wounds, and it was carried by soldiers for that purpose. A Christian myth says that the blood of Christ fell onto the green stones under the cross, and created the red specks.

Amethyst

A Cure For Drunkenness?

A Greek myth tells the tale of a nymph named Amethyst who loved the Wine God, Dionysus. When the God rejected her love, she withered and turned into a stone that would always oppose the effects of alcohol.

It is no surprise, then, that the name Amethyst comes from the Greek meaning "not drunken." It was believed by the ancient Greeks (and later the ancient Romans) that drinking wine or other alcoholic beverages from an amethyst cup would prevent drunkenness. Also, wearing an amethyst was said to have also cured alcoholism.

During the Middle Ages, the Amethyst became known as the "Bishop's Stone" because Christian priests and bishops often wore them as a symbol of their "sober living and humility" (Pickering 6). They also

continued the custom of drinking from amethyst cups.

Walker speculates that the practice of drinking from an Amethyst cup served another purpose. The Amethyst is purple in color, and when made into a cup, whatever liquid is poured into it appears to be the same color as wine. Because of this, servant's could "water down" their master's (in Greece and Rome) and later their priest's drink, with the person drinking it being none the wiser (and a little less drunk).

Today, Witches and Pagans sometimes wear an Amethyst as a symbol with their struggle over defeating their own drinking problems.

Associated Gods and Goddesses

Curiously, Cunningham lists Dionysus, and his Roman counterpart Bacchus, as two of the gods this stone is sacred to. Taking the myth of Amethyst into consideration, this seems very unlikely.

Furthermore, Amethyst is known to sooth sexual urges (see Uses in Magic, below). Both Dionysus and Bacchus are known for just the opposite!

Cunningham also writes that this stone is sacred to Diana, Goddess of the Hunt. This makes a little more sense because hunters would often carry an Amethyst for good luck on their hunts. Also, Diana was associated with the Greek Goddess Artemis, whose sacred animal is the bear. This also explains why, up until Renaissance times, an Amethyst with a bear carved on it was used as a protective amulet.

Uses in Magic

Amethyst is a peaceful, calming stone often used in dream work. One of the main uses of this stone in this area is to prevent nightmares, restlessness, and insomnia. To help with these problems, it is recommended that you place this stone under your pillow before retiring for the evening. This stone also helps you to remember your dreams.

Amethyst also represents wisdom and psychic power. For this reason, Amethyst is an ideal stone to use during divination work, particularly when using the Tarot. It helps your psychic mind to better understand the messages coming to you, and helps you to use that information to your full advantage.

Because of its calming qualities, Amethyst tends to sooth all sorts of emotions including sexual ones. For this reason, it is a good idea to remove the stone from your bedroom (or wherever) before engaging in sexual activity.

The stone is an especially good one to use while meditating. Cunningham suggests that you use a white candle with an Amethyst placed before it and burn some Sandalwood incense during your meditations to help you focus.

For charka work, the stone can be worn in a necklace with the point downward to balance the heart and solar plexus. Also, the stone can be used to open and balance the crown charka.

If you have a garden, Dugan suggests leaving this stone as a gift to the gnomes, flower faeries and brownies. This will help to ensure

that you have a healthy garden.

The peaceful, calm nature of the Amethyst makes it an ideal stone in working with the Water Element.

A crystal for today - Amethyst

Amethyst is one of the more popular stones used for magickal purposes. I know it's one of my own favourites. Amethyst is a purple form of quartz, and ranges from shades of light lavender to deep purple.

For ritual uses, amethyst is associated with psychic abilities, meditation, sleep, peace and spirituality. Small pieces of amethyst work well in herbal dream pillows. Amethyst is sometimes associated with water, and sometimes with air.

Ancient folklore claims that amethyst can cure poisons and drunkenness.

Solidified and petrified sap from a pine tree. Its color is golden or amber. Amber brings romantic love, purification, wisdom, energy and balance. It enhances patience, altruism, strength, calmness,

healing,
remembrance of past lives and ancient knowledge. This
gentle stone
draws out negative energy from the body and purifies
the spirit and
heart as well. Amber also helps us discover ancient
wisdom and
knowledge.

You can make the south quarter with an piece of amber.

Amazing Agates and Ancient Dykes

Mashatu is found in an area of amazing geological diversity. There are a wide variety of geological features to be seen that will delight anyone with an interest in geology. These include the magnificent basalt dyke, locally known as Solomon's Wall, the brooding sandstone outcrops with their mysterious ancient settlements along the Limpopo and of course, the bewildering array of agates and quartz crystals that lie in vast fields all over the reserve. In order to understand how some of these features developed, we shall have to leap into our imaginary time-machine and set the course for somewhere back about 200 million years ago, give or take a few million years each way.

The majority of the area is covered by a series of rock types, termed the Karoo Supergroup by geologists. Beneath the Karoo Supergroup is the Limpopo Mobile Belt, which forms the basement layer of the north eastern Tuli Block. On average these various rock types all date to about a 150

to 300 million years old. The sandstone formations in the southern region of the reserve, along the Limpopo are called the Cave Sandstones (Alexander 1984). Sandstones are formed from second hand material derived from older rocks that have undergone a lot of erosion causing the rock to break down into small pieces (Holmes 1951). These small particles have been transported elsewhere and re-deposited to form new rocks. The particles can be transported by wind, rain and even ice. The material that formed the Cave Sandstones in our area was carried in by wind during an extremely arid time period about 150 million years ago. The material came from an area to the south west of Mashatu in South Africa, known today as the Waterberg. The geological features of the Waterberg are some of the oldest rocks in the world. Geologists have dated these rocks to about 2.7 to 3.7 billion years old, more than ample time for erosion to have taken place. These rock particles collected in a series of layers and were cemented together by a combination of minerals, such as calcite and quartz. The reddish colour of the Cave Sandstones is due to the presence of either iron or haematite, both of which give a red colour to soils and stones. Once the sandstones began forming, a number of additional processes began to shape the rock. The area around the Tuli block was once a vast marshland with a lot of water flowing over the landscape. This has been reflected in the sandstone. It is possible to see areas that were once mud flats. These dried out and the mud cracked in hexagonal plates. These areas were buried and the mud turned to sandstone over a long process of metamorphosis.

Today it is possible to see flat areas of stone still reflecting the ancient mud surface at the Mmamagwa archaeological site. A lot of the other formations seen have been created by the work of wind and water. Of further interest is the fact that there are some dinosaur fossils that have been found in the sandstones of this area. To date nothing has

been found on Mashatu, but there is a chance that there may be some traces along the Limpopo. Based on material found at other sites in the area, palaeontologists have determined that the dinosaurs ranged in size from those about the size of a chicken to slightly larger than a pony.

The majority of the Mashatu area is covered by a number of different igneous rocks. There were no typical cone-shaped volcanoes, belching out rivers of molten magma. The layers of rock formed from waves of lava, kilometres wide, that flowed from a series of long faults in the basement rock layer. This appears to have happened about 187 million years ago. Much of the igneous rock in the area is referred to as amygdoidal basalt. This means that the rock contains many small pockets and other minerals within it. The word is derived from the Greek word "amygdalos" which means almond. This is because the shape of the pockets and other inclusions is that of an almond. A good (and very tasty) analogy is to think of the basalt as a huge slab of whole nut chocolate. The surrounding basalt is the chocolate and the inclusions or pockets are the nuts. In the areas where one finds amygdoidal basalts, one will more than likely find masses of beautiful agates and quartz crystals.

When the basalts were liquid and flowing slowly over the primeval landscape, there were a lot of gas bubbles trapped within the magma. When the magma cooled, many gas bubbles were trapped within the basalt, forming numerous clusters of pockets and larger spaces, ranging in size from a pea to a watermelon. Some of the bigger bubbles were able to ooze along as the lava cooled, forming a series of tubes and larger pockets. Over a long period of time (remember, we are dealing with geological time), the gas dispersed and slowly, slowly, a variety of minerals began to crystallize in these pockets, tubes and spaces. It was in these spots

that the agates and quartz crystals were born.

The agates formed in a series of layers, creating the beautiful banded patterns typical of agates. There are a number of different coloured agates to be found in Mashatu. The colours are derived from a number of different minerals that form part of the chemical composition of the agate. The agates are mainly formed from silica deposited in concentric bands.

There may also be quartz crystals on the inner layers of the agate nodules (Holmes 1951). The colours found in Mashatu range from shades of red-orange to grey and pink. The area around the Motloutse River is actually well known in geological circles for the presence of some exceptional specimens of the grey and pink varieties. The Motloutse River is also the river where prospectors found the first traces of diamonds in Botswana. The prospectors traced the course of the river upstream looking for the volcanic pipeline of kimberlite that was the source of the diamonds. After a long search lasting about 10 years, they found the source near Francistown, which is now known as the Orapa Diamond Mine. Many other fine examples of agate can be found around the reserve, particularly in the aptly named Agate's Kopje area. At sites such as Agate's Kopje, the basalt has eroded away and the more erosion resistant agates and quartz have collected in vast numbers at the bases of the low hills. Others have been washed into the various rivers and streams and one can often find pockets of agate and quartz on the river and stream bends, where gravity has deposited its semiprecious cargo. Although it is perfectly fine to pick up and examine these semiprecious stones, it is illegal to remove any from the reserve. The stones must be replaced where they were found and left for future visitors to enjoy.

There are also a number of dykes to be seen around the reserve. These wall-like intrusions have formed through some intense volcanic activity. Liquid magma is forced into a vertical crack or fault line. This intrusion forces the walls of the fault or crack apart and results in the wall-like appearance of a number of dykes. They can often run for many kilometres across the landscape. The dyke tends to be formed from more erosion resistant material than the surrounding rock. This means that the surrounding rock will wear away at a faster rate than the dyke, thereby exposing the dyke, which can often develop into a prominent feature of the landscape. Solomon's Wall across the Motloutse River is a fantastic example of such a dyke. It formed in the Cave Sandstones about 137 million years ago, and at one stage blocked the Motloutse River.

Eventually part of the dyke collapsed due to faulting and the presence of fig trees growing on the dyke. Rock figs have an amazing ability to force their roots down through cracks in the rock and this can actually break the rock up very effectively. The process is still continuing today and it is possible to see how the figs have grown on Solomon's Wall. Once the dyke had collapsed, the Motloutse River was able to form its present course. Solomon's Wall got its name from the way in which the rock was formed. The dyke resembles the craggy wall of a fantastic castle or citadel built from massive blocks of stone. One of the early European visitors to the area was very keen on the legends and myths of King Solomon's mines and the fabled lost city of Ophir and made a connection between the stories and the wall-like appearance of the dyke.

There is a local legend about Solomon's Wall. When the Motloutse is flowing at full spate, the water swirls around the base of the dyke and forms a deep pool on the Limpopo side of Solomon's Wall. This pool can be up to 4 meters deep and as the water swirls through, a strong

whirlpool is created. The story goes that there is a huge serpent that lives at the bottom of this pool. If one is walking alone near this pool, the serpent will rise out of the water and hypnotise you. You are unable to stop yourself and you are compelled to walk to the edge of the water. The snake will then stick its tongue in your eyes and you will be dragged down to the murky depths. Your body will only be recovered about three days later. Luckily for us, at the moment the Motloutse River is dry and a pool has not formed this year.

Alexandrite- Chrysoberyl variety

Overall healing

Coloured by chromium.

Comprises of, rare metal beryllium and aluminium.

Changes colour and appearance, emerald by day and amethyst by night.

Works on the nervous system, spleen, pancreas at cellular level and up. Both physical and emotional healing.

7 and 2 chakras

Precious crystal for second half Aries

Opens the crown, heart, solar plexus chakras.

Powerful mineral for centering and self esteem.

Aids detachment of the higher self, psychic tendencies, spiritual joy and luck.

Tissue regeneration, especially the central nervous

system.

H: 8.5

Chakra: 3,4,6,7.

Agatized Coral

Silicified Coral, Fossil Coral or Agatized Coral are the remnants of primal Coral Reefs that grew in the warm coastal waters of ancient oceans.

Agatized Coral forms through a process similar to Petrified Wood. Decaying organic materials are replaced with silica rich solutions which, over thousands of millennia, under pressure, will grow into fascinating Chalcedony formations.

Chalcedony is a micro crystalline (fine crystals visible only under a micro scope) Quartz that includes stones like Jaspers, Agates, Onyx, Petrified Wood and Flint. Agatized Coral is one of the hundreds of cousins in this massive gemstone family.

Coral will fossilize in one of two ways. Silica will replace a portion of the Coral, creating geodes, sometimes with brilliant boytrodiol Quartz clusters inside. In extremely rare instances water will become trapped inside a geode. In the second occurrence, the Coral is completely replaced by silica creating some exotic specimens.

One of the oldest deposits of Agatized Coral is in Eastern West Virginia. Back before there were Appalachian Mountains this area was the happy home for

Coral, Trilobites, Brachiopods and other primal sea creatures. Somewhere between 250 and 280 million years ago the North American continent slammed into Europe and Africa raising up the Appalachian Mountains. And burying the vibrant community that once flourished along the vanished shoreline.

Some Coral beds fossilized upside down, indicating tremendous turbulent forces. As centuries passed Limestone formed around sections of the Coral reef, protecting it from the elements and allowing the crystallization process to proceed undisturbed. This formation is called Hillsdale Limestone, it runs through Greenbrier and Pocahontas counties in West Virginia.

Tampa Bay is another location rich with Agatized Coral. Scientists speculate that a massive runoff of silt rich in clay and silica may have buried the prehistoric Coral Reef alive. Much like modern day runoff is killing many of our Reefs.

The most significant fact about the Agatized Coral found in Florida is the role it played in the lives of the first inhabitants there. Florida's warm climate and food rich environment was always attractive to humans wanting to escape Winter weather. The first visitors found little to work with in the way of stones. In need of spear points, knives and containers, they worked with the only materials available, a little Flint and lots of Agatized Coral.

Archeologists have dug tools dating back to 5000 BC in sites around St. Petersburg, and Wesley Chapel.

In a proposed subdivision, archeologists found so many fragments in one 250 foot area that they determined it had once been the location of an important workshop. The developer agreed not to build on that one site, then finished constructing his 89 home subdivision over the rest of the area. The scientists were unable to examine any other lots.

Agatized Coral comes in reds, dark blues, grey, pink, tan, amber and black.

Working with Agatized Coral, gives you the benefit of two energies in one. The life energies of the Coral are preserved just as the physical shape is during the fossilization process. Plus the Quartz that replaced the organic material brings its own unique vibrations to this crystal.

Coral has been used as a sacred tool in many cultures. Romans believed it had great healing powers. You'll find it very beneficial in recharging your energy levels, especially if you are recovering from a physical or mental trauma.

In the South Pacific island cultures used Coral to protect their loved ones that had crossed over. The Hindu also use Coral in the protection of their dead. They believe that the ocean is the home of Souls after death and that Coral will protect these Souls from evil spirits. Ancient Mediterranean civilizations believed Coral held the life force of the Mother Goddess.

Coral is also helpful for promoting inner peace and quieting your nagging thoughts. You can use it for communicating with past relations or for receiving and understanding Universal knowledge.

Because the harvesting of Coral means the killing of a life energy, using it in creative or magical workings can be dangerous. Which makes Agatized Coral the perfect substitute. These fossils carry their life force with them, preserved as vibrant Quartz clones.

The Quartz qualities in fossils like Agatized Coral and Petrified Wood make them perfect tools for working on past life memories. Quartz is a recorder of the past, present and future. These Chalcedony fossils allow you to tap into every past that is a part of your history, your Human journey.

Agatized Coral is a very loving gemstone. It helps magnify your awareness of our common connections. Showing you the power love has to create change throughout your life. Learn the strength to love your enemy, the courage to greet life with a giving heart under the guidance of this gentle crystal. Even under the most aggravating circumstances Agatized Coral can ease your irritability and help you feel better about your fellow Humans.

Find yourself in a rut lately? Do a simple meditation with this gemstone to break out of your doldrums. It will assist you in achieving excellence in your personal and professional life. Fossil Coral will help you recognize the real issues that are holding you back from your higher self.

If you plan to travel on or near water Agatized Coral is an excellent protective companion.

Vessels of various Chalcedony (probably including Agatized Coral) were often used to administer remedies because the stones were believed to enhance power and strength. It may also enhance the body's ability to absorb nutrients. The gemstone's calming nature aids with digestion.

Most fossils promote long life and Agates have numerous healing qualities. Some traditions believe they prevent snake bites, bee stings and insect bites. They have also been used to relieve thirst and reduce fevers. The crystal can bring the various functions of your body into harmony improving your general health.

STONES: Agates - all types

Agate is a banded, concentric shell-like chalcedony, sometimes

containing opal substance. The fine quartz fibers are oriented vertically to the surface of the individual band layers. The bands can be multicolored or of the same color.

The agates of the exhausted German mines had soft to strong colors (especially pink, red, or brownish) and were separated by bright gray bands. The South American agates are mostly dull gray and without special markings; only through dyeing do they receive their lively colors. Transparency of agates varies from nearly transparent to opaque. In thin slabs, even the opaque agates are mostly translucent.

The name agate is supposedly derived from the river Achates (now called the Drillo) in Sicily. Origin Agates are found as ball- or almond-shaped nodules with sizes ranging from a fraction of an inch to a circumference of several yards; more rarely they are found as fillings of crevices in volcanic rock (such as melaphyre and porphyry).

The bands are thought to be formed by rhythmic crystallization, but scientific opinions vary as to how. It was thought that the agate bands crystallize gradually in hollows formed by gas bubbles from a siliceous solution. Recently, the theory that their formation is simultaneous with that of the matrix rock has won support. According to this idea, the liquid drops of the silicic acid cool with the cooling rock and produce a layered crystallization from the outside. A new theory postulates that rather than the liquids penetrating the agate walls, colloid solutions, i.e., substances with very fine sizes of grains, flow into the agate hollows. The various agate bands vary in thickness, but normally their thicknesses remain constant throughout the nodule. Where the inner cavity of the nodule is not filled with an agate mass, well-developed crystals may have formed: rock crystal, amethyst, and smoky quartz;

sometimes accompanied by Anhydrit, Ankerit, Baryr, calcite, Goethit, hematite, siderite, and zeolite.

There are many varieties of agate which go by more than one name:

Eye agate, Botswana agate, and orbicular agate - ring-shaped design with point in the center, similar to an eye.

Layer agate - Layers/bands of about the same size parallel to the outer wall of the agate nodule.

Dendritic agate, moss agate, mocha agate - colorless or whitish, translucent chalcedony with dendrites; moss-like inclusions of hornblende or chlorite.

Enhydritic agate (also called enhydro or water stone) - Agate nodule or mono-colored chalcedony nodule, partly filled with water that can be seen through the walls. After the agate is taken from surrounding rock, the water often dries out.

Fortification agate, dry-head agate - agate bands with jutting-out comers like the bastions of old fortresses.

Fire agate - opaque, limonite-bearing layered chalcedony with iridescence that is created through diffraction of the light by the layered structure.

Scenic agate - Shows landscape-like images through dendrites.

Tubular agate - Agate with numerous tubes (old feeding canals).

The mouth opening of the canals is usually bordered concentrically.

Brecciated agate - Agate, broken, but cemented together by quartz.

The most important agate deposits at the beginning of the 19th century in the neighborhood of Idar-Oberstein/Rhineland-Palatinate, Germany.

These have now been worked out. Nodules were found as large as a human head with beautiful colors of gray, pink, red, yellow, brown, and pale blue. These could not be dyed.

The most important deposits today are in the south of Brazil (Rio Grande do Sul), and in the north of Uruguay. The deposits are layered in weathered materials and river sediments, and are derived from melaphyric rocks. The color is generally gray; the striations are hardly recognizable. They can be given an attractive appearance by dyeing. Other deposits are in Australia (Queensland), China, India, the Caucasus, Madagascar, Mexico, Mongolia, Namibia, Wyoming, and Montana.

Agate is now used mostly for decorative items as well as jewelry.

Hardness: 6.5 - 7

Chemical Composition: SiO₂ silicon dioxide

History:

Agate was used for decoration in Ancient Egypt.

The Romans were possibly the first to start dying agates for decorative purposes.

Lore:

The author of "Lithica", celebrates the merits of the agate in the following lines:

Adorned with this, thou woman's heart shall gain,
And by persuasion thy desire obtain;
And if of men thou aught demand, shalt come
With all thy wish fulfilled rejoicing home.

This idea is elaborated by Marbodius, Bishop of Rennes, in the eleventh century, who declares that agates make the wearers agreeable and persuasive and also give them the favor of God.

Botswana Agate spheres - Camillo Leonardo claims that these stones give victory and strength to their owners and avert tempests and lightning.

The agate possessed some wonderful virtues, for its wearer was guarded from all dangers, was enabled to vanquish all terrestrial obstacles and was endowed with a bold heart. The wearing of agate ornaments was even believed to be a cure for insomnia and was thought to insure pleasant dreams.

About the middle of the past century, the demand for agate amulets was so great in the Soudan that the extensive agate-cutting establishments at Idar and Oberstein in Germany were almost exclusively busied with filling orders for this trade. Brown or black agates having a white ring in the center were chiefly used for the fabrication of these amulets, the white ring being regarded as a symbol of the eye. Hence the amulets were supposed to neutralize the power of the Evil Eye, or else to be emblematic of the watchfulness of a guardian spirit.

Metaphysical:

Agate can be used to stimulate analytical capabilities and precision. It provides for perceptiveness to situations and awakens one's inherent talents and adroitness. It has been used to facilitate channeling. It has been reported to strengthen the sight, to diminish thirst, and to promote marital fidelity.

Blue lace agate can help one to reach extremely high spiritual spaces. It contains the qualities of flight, air, movement, and grace. It is a highly inspirational influence when used for inner attunement.

Botswana agate can be used to stimulate the exploration of the unknown and to further one's quest toward the enlightened state. It enhances creativity and helps one to release the emotional nuances that have been repressed. It also allows one to look toward the solution, rather than dwell on the problem. It also encourages conscientiousness and vigilance in tasks and helps one to maintain an ever-present watchfulness during the activities requiring circumspection, deliberation, and/or vigilance.

Many Brazilian agates have been dyed, but many are natural in color. This mineral can be used to activate success in dowsing and in divining. Fastened with twine or leather upon the end of a willow, it has led the user to lost items. Brazilian agate can be used to facilitate immense strength, to assist one in diversification in fields of endeavor, and to promote meditative states and astral projection.

Dendritic agate enhances gentleness and encourages one to walk lightly through the gardens of life, taking time to enjoy each moment. It helps one to remain as a directed energy during situations of discordant and/or disorienting confusion. It further assists one in maintaining the centering of the self in all situations. It is used to assist one in

connecting to the natural states of the universe and to enhance communication between ones intellectual world and the plant kingdom. It is a "stone of plentitude", providing abundance and fullness in ones life. It was used in ancient Greece to produce plentiful crops, and is conducive to generous yields in both business and agricultural pursuits.

Fortification agate is conducive to deep meditative states. It furthers the understanding of the idea of universal "brotherhood", and helps one to maintain peace within the inner being. It affords one patience and encourages the acceptance of responsibility. This is a highly protective stone, helping to fortify us against unseen dangers.

Fire agate represents the spiritual flame of absolute perfection. It is said to dispel fear from the very depths of the inner being and to provide a protective shield that reflects all threat of harm back to the source. It is also a stone to encourage one to be the "best" possible. Its energy provides an impetus to actions and stimulates both progression and advancement.

Mexican Crazy Lace Agate can be used to help one to reach extremely high physical levels. It helps to balance physical energies. It can bring humor and laughter to one's life, and helps to see life clearly.

Turritella agate can be recognized by the sea creature and fossil snail patterns within the stone. It is a protective stone that also allows one to recognize that the idea of safety is actually the relinquishment of the idea of attack. It also provides for an opening of the communication channels between the plant and mineral world, allowing one access to information that would be beneficial to the healing of the Earth. It is a stone to help one through transition as well as trials and tribulations.

Alexandrite: Color Change Magic

One of the most fascinating gemstones throughout history is alexandrite: a gem variety of the mineral chrysoberyl that actually changes color from green in daylight to red in incandescent light. The first time you see it, it is hard to believe your eyes! Gems that show special optical effects are known as phenomenal stones. Chrysoberyl dominates this category, because not only is alexandrite the most spectacular color change gem, cat's-eye chrysoberyl has the most dramatic eye. Alexandrite has a distinguished and glamorous past: it was discovered in 1830 in Czarist Russia. Since the old Russian imperial colors are red and green it was named after Czar Alexander II on the occasion of his coming of age.

Alexandrite can be found in jewels of the period as it was well loved by the Russian master jewelers. Master gemologist George Kunz of Tiffany was a fan of alexandrite and the company produced many rings featuring fine alexandrite in the late nineteenth and early twentieth century, including some set in platinum from the twenties. Some Victorian jewelry from England features sets of small alexandrites.

Alexandrite is also sometimes available as an unset stone but it is extremely rare in fine qualities. The original source in Russia's Ural Mountains has long since closed after producing for only a few decades and only a few stones can be found on the market today. Material with a certificate of Russian origin is still particularly valued by the trade. Some alexandrite is found in Sri Lanka and Zimbabwe and Brazil but very little shows a dramatic color change. For many years, alexandrite was almost impossible to find because there was so little available.

Then in 1987, a new find of alexandrite was made in Brazil at a locality called Hematita. The Hematita alexandrite shows a striking and attractive color change from raspberry red to bluish green. Although alexandrite remains extremely rare and expensive, the production of a limited amount of new material means a new generation of jewelers and collectors have been exposed to this beautiful gemstone, creating an upsurge in popularity and demand.

When evaluating alexandrite, pay the most attention to the color change: the more dramatic and complete the shift from red to green, without the bleeding through of brown from one color to the next, the more rare and valuable the stone. The other important value factors are the attractiveness of the two colors - the more intense the better - the clarity, and the cutting quality.

Because of the rarity of this gemstone, large sizes command very high premiums.

TURQUOISE

Wholeness

In this image the rainbow snake, which represents all creation, contains within its coils the unity of the Universe, represented by Turquoise. The snake and the Universe that it contains are made up of tiny pieces of creation. This represents the necessity of all creation moving into harmony before wholeness can be achieved. The same is true on a personal level. All aspects of the self must be recognized and integrated before personal wholeness can be achieved. This integration and understanding are the realm of the Ally Turquoise.

This sky blue to green mineral combines Water, Wind, fire, and earth energies, therefore containing the power and unity of the Storm element. Turquoise has traditionally been a stone of vision, because of its incredible blue color. The Sky is a male aspect of the Earth Mother. Those beings that inhabit the sky, such as Hawk and Eagle, have incredible powers of vision. Flying hundreds of feet in the air, they not only see the total picture of the landscape below them, but can also discern movements of the smallest mouse on the ground or the fish beneath the water.

Often Turquoise will contain Pyrite, thus combining the male sky energy with the male Earth aspect and the energy of the Sun. This sacred triad symbolizes the return of wisdom of the heavens to the Earth plane. Part of this wisdom is the ability to perceive disparate aspects of oneself, and to integrate those aspects into a whole picture of one's total being.

Turquoise symbolizes the marriage of the Earth and the Sky. Because it embodies the energies of the four elements, it represents the escape from the duality of the physical realm and the return to oneness and unity of the Great Spirit of the Universe. Turquoise calls you to remember that you contain within you all aspects of the Great Earth Mother and all of her moods, which take the earthly form of the elemental forces.

When you invoke the energy of Turquoise, you are asking to be shown the way to Oneness and Unity. By seeking out this path, you are fulfilling the need of the current age of growth on the Earth plane. The Age of Light is a return to wholeness. Humanity long ago volunteered to be the vehicle through which Spirit could learn of the duality of the physical plane. We are now undertaking to reunite the dualism of Light and Dark, Male and Female, Body and Spirit. Turquoise shows us that one can exist in Unity bringing all polarities and dualism into balance.

THE MESSAGE:

When Turquoise appears as your Ally, it calls you to seek the unity within. What is the aspect of the situation that is most difficult for you? This may be the very aspect that you need to recognize in yourself before you understand how to release it from your experience. Every situation and experience that arises in your life is meant to bring you closer to a sense of wholeness and unity with the Universe. Each experience leads you to a new understanding of yourself and the talents, strengths and weaknesses that you have been given to complete your lifetime here.

Looking within your own heart, you will see that everything you are odds with in your environment is merely a reflection of an inner part of yourself that you have acknowledged and integrated. Turquoise is asking you to find that aspect of yourself with which you are having difficulty, and to accept and integrate it into your total self.

TURQUOISE: Tones, strengthens entire body. Tissue regeneration. Aids circulation, lungs, respiratory system. Aligns chakras. Enhances meditation. Creative expression, peace of mind, emotional balance, communication, friendship, loyalty. Chakra: throat.

MoonStone

Long known as the traveler's stone and used for protection, Moonstone is also considered to be a stone of good fortune.

It is a wonderful stone to help one reflect and look inwards. A stone of feeling rather than intellect it can be an aid in increasing intuition. It also assists in applying the insights gained.

Moonstone is recommended for those wishing to balance the body's rhythms and recognize the natural cycles. It can be used to increase energy and encourage growth whilst helping to overcome obstacles.

An ancient remedy for insomnia, this stone is also used to help in the elimination of toxins and for digestive disorders. Also for the symptoms of degenerative diseases and allergic reactions.

The feminine energy of moonstone makes it a stone to promote ease in pregnancy and child birth, to relieve the symptoms of PMS and menopause.

Boji Stones

Astrological Signs of Scorpio, Leo & Taurus

Energy: Projective

Planet: Mars

Elements: Fire, Akasha

Powers: Power, Protection, Healing, Balancing Energies

Magickal Uses: Boji Stones are something of an enigma. I've taken them to experts, but they aren't sure just what they are-crystalline forms of

iron? Pseudomorphs (wherein organic or mineral substances are replaced

with, in this case, metal)? At least one specimen, I was told, seems to

be fossilized vertebra of some ancient animal, in which the bone has been replaced with a form of pyrite.

Whatever they are Boji stones emit forceful, projective vibrations.

They

appear to be useful for balancing the body's energies, with the resultant effects of calming, grounding and healing. One woman said that

holding a stone in her hand had removed the pain from it.

They are certainly protective, in that they charge up your psychic defences. As for their other uses, maybe we'll discover them together.

The Boji Stone™ (a registered trademark) was brought to the light by a trance-channeler in Colorado, USA. It is a blackish-brownish concretion with, usually, a flattened spherical shape. Occasionally, the

stone appears in others forms (e.g., figure-eight shape, thin oval shape, etc.), each stone is distinguished by the characteristic of a small, smooth pattern of crystallization or a larger uneven pattern of crystallization; the smoother stone being defined as the female and the

more heavily crystallized stone (sometimes with platelets protruding)

being defined as the male. Some are said to be endogenous.

In addition, the Boji Stone has been found with rainbows upon the surface; the rainbows truly make a lovely expansion.

The Boji Stone aligns all of the subtle bodies and both balances and aligns the chakras. It is useful for removal of energy blockages. An effective 'everyday' use of the Boji Stone is facilitated by allowing it to remain in one's energy field; this will provide for continuous balancing of one's energy. It is not necessary that one be aware of the presence of the Boji Stone in order for the balancing and alignment order. In addition, the Boji Stone is an excellent grounding stone. It has been reported that Boji Stones also facilitate growth of plants, as

well as telepathic communication between the self and plants and/or animals. The Boji Stones, however, if placed in ones fields or garden, may disintegrate after discharging their energy to enhance the well-being and stability of the environment in which they were placed. If you have an abundant supply of these stones and want to use them to help your plants and garden, beware that they may disappear, becoming a part of the Earth again.

The Boji Stone has been used in general healing and in tissue regeneration.

Exhibiting a similar property to the quartz crystal when placed on a painful area of the body, it has been used to relieve the discomfort.

The presence of palladium, a very strong healing mineral, provides impetus to the Boji Stones energy during activities ordered toward the restoration of the healthy state.

Vibrates to the numbers 1 and 9

from Cunningham's Encyclopedia of Crystal, Gem & Metal Magic
by Scott Cunningham
&

from Love is in the Earth - a Kaleidoscope of Crystals

Boji stones are a blackish-brownish stone.

The stones are either smooth (female) or uneven (male).

There are some boji stones which have been deemed androgenous.

It is electromagnetic and recharges in the sun.

Boji stones are used with the navel chakra.

It's astrological signs are Aquarius, Scorpio, Leo, and Taurus.

It vibrates to the numbers 1 and 9.

Boji stones are used to instill a sense of joy.

It is a highly energetic stone.

It balances the energy fields and aligns all of the bodies and the chakras.

It is grounding.

The Boji stones draw out pain and removes blockages.

It heals the aura by cleansing, charging, and filling in the voids.

It is used in general healing.

Source: Love Is In The Earth by Melody

BOJI STONE

Boji Stones were created as our earth was being created, and thus are as old as the earth itself. The balanced energy joins with the elements and powers, which formed the earth also formed the Boji. Thus the Boji became a container for the energies of balance. The Boji Stones are found around the bottom of a natural earth pyramid several stories high. They are uncovered as the earth erodes from them, and are found growing on stems. Unlike any other stone, they are held together by the energy within. If the energy in a Boji is depleted or destroyed, the stone changes molecule structure from 7.4 to dust. Like the body it is held together by a life energy when that energy leaves, the rock decays and chemical and mineral elements turn to dust. By rubbing the two Boji Stones together in the dark you can see sparks fly, and placed in a fire they will explode. If they are left on the ground, in time the energy leaves and the stones rot away. The energy of the Boji assist in balancing and aligning the chakras. In Atlantis, Boji energy was used for refining energy within each cell by placing a Boji on each chakra. When one or two stones are set on the right polarity of the body, pain can be removed in minutes. For balancing the body, it is best to use a pair of Boji Stones, one crystallised male and one smooth female. Use the male on the left side of the body and the female on the right side. When using a pair of Boji's, start by holding them as you would two magnets. While holding them in your fingers, move them back and fourth from each other. If you do not feel a slight pushing and pulling sensation, turn one Boji over and repeat until you feel this slight sensation. The way they are facing each other when you get the strongest feeling is the side of the Boji that you lay on the body. Boji's are not magnetic, but they have a balanced polarity and do work best when the polarity is set correct. Boji's can be used to balance meridian points of the body in place of acupuncture needles or acupressure. By applying a Boji to a hurt area on the body it takes away pain and you will heal faster. You don't have to believe in the Boji for them to work. It has been found that if a person has metal plates inside his body causing the pain, the Boji® may not relieve pain in that area. But, the Boji® will work through the fillings in teeth to take away tooth aches. They have general healing qualities and assists tissue regeneration. As well as strengthens all the chakras and meridians

HOW TO TAKE CARE OF THE BOJI STONES

Handle them often and give them sunlight once or twice a week. They prefer the morning light of the red rays and the afternoon blue rays. They also like the rays of a full moon. If you desire to clean them, use baking soda and a toothbrush. Has general healing qualities and

assists tissue regeneration. Strengthens all the chakras and meridians

<http://www.spiritualplatform.org/sp/crystals/crystalsb.html>

Stone Substitutions

Amazonite: Aventurine
Aquamarine: Beryl, Emerald
Aventurine: Amazonite
Beryl: Aquamarine, Emerald
Carnelian: Coral, Red Jasper, Sard
Cat's Eye: Tiger's Eye
Chrysocolla: Turquoise
Citrine: Topaz
Coral: Carnelian, Red Jasper
Cross Stone: Staurolite
Diamond: Herkimer Diamond, Quartz Crystal, Zircon
Emerald: Aquamarine, Beryl, Green Tourmaline, Peridot
Garnet: Red Tourmaline, Ruby
Jade: Green Jasper, Green Tourmaline
Green Jasper: Jade
Red Jasper: Carnelian
Jet: Obsidian
Kunzite: Pink Tourmaline
Lapis Lazuli: Sodalite
Moonstone: Mother-of-Pearl
Olivine: Green Tourmaline, Peridot
Pearl: Moonstone, Mother-of-Pearl
Peridot: Green Tourmaline, Peridot
Ruby: Garnet, Red Tourmaline
Sapphire: Amethyst, Blue Tourmaline, Blue Zircon
Sard: Carnelian
Sodalite: Lapis Lazuli
Staurolite: Cross Stone
Sugilite: Lapis Lazuli
Sunstone: Carnelian
Tiger's Eye: Cat's Eye
Topaz: Citrine, Yellow Tourmaline
Blue Tourmaline: Blue Zircon
Green Tourmaline: Olivine, Peridot
Red Tourmaline: Garnet, Ruby
Turquoise: Chrysocolla

Note: Quartz Crystals can be charged with the magickal attributes of any stone, as can Opals through your visualisation.

Stones & Crystals

Below are some crystals and stones with their magical uses and meanings.

AMBER - (yellow, orange, brown) Clears the mind,, mental clarity, inner peace.

AMETHYST – (purple) Dreams, astral work, relieves stress, imagination, meditation.

AVENTURINE - (green) Draws money and prosperity.

AQUAMARINE - Divination, relaxation, protects from drowning, creative imagination, removes blocked energy

BLOODSTONE - (green with red flecks) Creativity, self-expression, confidence. Aids healing, especially from surgeries or blood related diseases.

BLUE LACE AGATE - (light blue) Healing, overcoming obstacles.

BLUE STALACTITE - (blue) Personal power and direction. Helps with finding and staying on the right personal path. Promotes self-knowledge, centring.

CARNELIAN - (orange-red) Promotes personal power, strengthened magic, increased fertility or creativity, happy home. Combats the jealousy of others.

CHRYSACOLLA - (blue, green) Promotes balance and inner peace.

CHRYSOPHRASE - (green) Clears blockages in communication, promotes eloquence and persuasiveness.

CITRINE - (golden brown) Strengthens self-esteem, promotes balance and happiness.

CRAZY LACE AGATE - (brown stripes) Awakens hidden talents and abilities, promotes success in career situations.

CRYSTAL (CLEAR QUARTZ) - (clear) Amplifies and directs energy. Builds energy pathways. Strengthens the energies of anything it's put with.

DIAMOND - (clear) Promotes personal growth, spiritual lessons, perfecting of self. Resilience, perseverance, permanence.

EMERALD - (light to dark green) Protection, success, prosperity. Promotes memory, learning.

FLOURITE - (comes in many colours) Promotes healing.

GARNET - (dark red, wine) Personal power, focus, protection. Aids in healing, especially with blood related diseases.

GOLDSTONE - (brown with gold flecks) Money.

HAEMATITE - (silvery black) Gives protection, absorbs negativity, relieves grief or pain.

JADE - (comes in many colours, but most commonly green) Serenity, inner peace and balance, good fortune. Promotes the perfection of self, and connection to Spirit.

JASPER - (red, brown) Helps promote openness to new ideas and influences, flexibility.

MALACHITE - (green and black) Success, prosperity, creativity, fertility.

MARLENITE - (red, red and yellow) Draws money. Also known as “Philosopher’s Stone.”

MOONSTONE - (milky white) Protection, absorbs negativity, promotes confidence, psychic opening.

MOTHER-OF-PEARL - (iridescent white) Deepens emotional commitment, draws marriage, long-term love.

OPAL - (iridescent greenish white with orange, red) Promotes psychic opening and development, sensitivity to spirits.

ONYX - Protection, hope, endurance, acquiring knowledge.

PEARL - (white) Peace, compassion, love. Pearls retain positive emotions very well.

RHODOCHROSITE - (pink and grey) Promotes sexual adventure, fertility, pregnancy.

RHODONITE - (pink and black) Helps healing of emotional pain, especially from loss

of love or of a loved one. Helps ease grief, draws new love. Promotes reconciliations of parted lovers or friends.

ROSE QUARTZ - (pink) Love, happiness, self esteem, friendship.

SODALITE - Promotes psychic development.

TIGER'S EYE - (gold and brown stripes) Promotes popularity, eloquence, persuasiveness. Helps improve communications. Also used for protection in travelling, and for protecting mechanical vehicles.

TURQUOISE - (blue) Protection, good fortune, psychic work.

Stones good for Legal Matters *
various sources

~Amethyst

~Bloodstone (brings victory in the courtroom)

~Hematite

~Or you can go with a stone ruled by the sun as most of these stones are useful in legal matters - some of these are: Amber, Orange Calcite, Carnelian, Quartz, Diamond, Pipestone, Sulfur, Sunstone, Tigers-Eye, Topaz, Zircon

~Or you can try one of these stones which sound to me like they might be helpful in a court case:

~Beryl - in the 16th century mages prescribed Beryl to be worn to win debates and arguments while causing its bearer to be well mannered and amicable.

~Carnelian - worn to booster confidence - is good to wear during public speaking, strengthens the voice, provides self confidence and confers eloquence on the speaker. (this stone also stimulates sexual desires, a nice side-effect, huh?)

~Coral - protects against shark attacks & aren't lawyers kinda shark-like (sorrerrrrrry all you Wichy Lawyer Babes <LOLOLOL>)

~Talisman Good for Legal Matters - ~Scarab (A variety of dung beetle). Was thought to speak up in the judgement room of the dead for a favorable verdict for their master. (If it worked for Dead Egyptians, it oughta work in the courts of today).

STONES: General info (a compilation)

Amazonite - carries the energy of universal love and peace!

Amethyst - vibrates to the same frequency as the purple ray. Cosmic awareness, useful in overcoming addictions.

Apache Tears - from dormant volcanoes in New Mexico - used for energetic shielding and protection. Keeps you grounded

Apatite - actually helps you curb your hunger! Brings a feeling of peace and balance.

Aqua Aura - amazing stone brings joy to those who use it. It is crystal infused with real 14 karat gold! Look for more on this in my upcoming book!

Aventurine - brings wealth and helps to alleviate pain of arthritis. Carry this one in your wallet!

Yellow Aventurine - also a wealth builder, this yellow stone activates your solar plexus chakra bringing power and wealth to those who carry it.

Bloodstone - the most powerful healer on the planet used for all kinds of disorders - leukemia, lung problems, blood, heart and circulation. Look for the amazing photo in Gemstone Journeys to see how this stone powerfully affects your physical being!

Blue Lace Agate - aids communication, meaning you are ok speaking your mind. Eases sore throat and laryngitis.

Carnelian - carries the orange ray, opening our 2nd chakra, this stone helps creativity and manifestation. It also does wonders on allergies and is used for psychic protection!

Charoite - rare stone comes from a river bed in Russia! Used for expanding psychic awareness and opens the 3rd Eye

Citrine - a favorite of mine! This is the yellow ray, opens the solar plexus center which is all about courage and strength. Citrine is a powerful money stone and should be carried by those who wish to attract more money into their lives.

Rainbow Fluorite - another favorite! (well, aren't they all?) This stone will help you concentrate, get your work done with precision and can even help restore poor eyesight (It helped me!) and can also be used for allergies.

Garnet - a wonderful stone of love and commitment. Grounds you and helps any circulation or blood disorders. Also protects you from unwanted energies.

Gold Stone - these are really neat! The "gold" in this manmade stone is copper and it will help your arthritis. Its also a really fun stone that brings playfulness and happiness to

your life.

Herkimer Diamonds - these are from only one mine in the world. They help to activate subtle energy bodies and restore DNA . Powerful!

Howlite is often passed off as "White Turquoise." It is a calcium based mineral that helps resolve anger and brings an energy of forgiveness & compassion.

Labradorite - a favorite for psychics, this stone can be used for scrying, or divining information by gazing deeply into the blue and green metallic layers of the stone.

Mookite - special jasper from Australia will tap you into the energies of the Aborigines and the dreamtime.

Moonstones are used to help insomnia, tap into feminine creative energies and for safety while traveling.

Moss agate will help you communicate with the plant and tree kingdoms. Become the green thumb you've always wanted to be! You can also use the stone for cloudbusting and weather control.

Opals - mined from Duck Creek Australia in 1967 these opals are formed with a wood matrix, or background. Opal will make you more of who you already are. Self actualizing.

Orbitular/Ocean Jasper - this amazing stone comes from under the sea near Madagascar. It helps ease stomach problems and relaxes you for meditation.

Red Jasper - helps you remember your dreams and relax before sleep.

Rose quartz helps you lose weight, eliminates wrinkles and bring love into your life! Amazing!

Sapphires carry the blue ray opening the throat center. This powerful healing stone also helps rid stomach aches

Shaman Stones - these African stones have amazing energy and help you with Shamanic journeys.

Silicon - this is the manmade version of what quartz is made of and pure silicon will supercharge you and give you tons of energy while activating the electrical current around your body.

Tourmaline - green with quartz crystal matrix - these are powerful heart healers and very unique pieces since the energies are amplified through the crystal!

The Magic of Quartz

—by Míchealín Ní Dhochartaigh

Quartz (Silicon dioxide) is not only used to make crystal balls, but has many other magical qualities as well, such as, an amplifier of energy, healing and communication.

Remember quartz is never completely clear, it has natural veins and imperfections. If you purchase a completely clear piece of quartz, you may have actually purchased glass.

The word "crystal" comes from the Greek word, "krystallos," meaning "ice." Ancient Greeks believed quartz was a permanently solidified form of ice. The word "quartz" comes from the Old Saxon word "querkluftez," meaning "cross-vein ore." Quartz's clarity and purity does give it a magical similarity to water, and washes away or cleanses negative energies from your body. It is a healing stone as well. I have found this to be true. I hold a piece of blessed quartz while I sleep; I also stroke my Familiar (who has cancer) with it to help him with his illness.

Some believe that quartz strengthens the link between Earth and the Heavens, and it can be used for psychic travelling and dream journals. It can also be used to channel or amplify energies.

Collecting Negative Energy

Quartz is piezoelectric which it can produce an electric charge and disperse negative energy from the air around it.

Keeping quartz close to your body will help to protect you from day-to-day stress. Place a piece of quartz on your computer; it will not only help keep your computer running smoothly, but you can clutch it in your hand to dispel negative energy, annoyances from your boss or

work-mates, or just to help you when you're having a bad day!

Aiding Psychic Connections

Carry quartz in your pocket to increase your psychic connections.

When you meditate, place a piece of quartz at your crown Chakra (i.e., the top of your forehead against your brow). This can help your mind expand and help you concentrate.

Hold quartz against your "Third Eye" to give you inspiration and insight.

Before you go to sleep, think about your problems. Then, placing quartz under your pillow will help you work out your problems while you sleep.

Holding quartz in your hand while you sleep can help you remember dreams.

Healing Powers

Pass the quartz over each of your body's energy centers to help the healing energy pass into affected areas.

Rub an affected area gently with your crystal and visualize a golden light passing from the earth, along your spine, and healing the affected area.

Protection

Wear a quartz necklace for protection.

Use a quartz wand to protect from any negative spirits during spelling working.

I have an incense burner with pieces of quartz on it; I used it during rituals for protection.

Sources:

Crowley, V. The Magickal Live: A Wiccan Priestess Shares Her Secrets. Penguin Publishing: 2003.

Morrison, D. The Craft: A Witch's Book of Shadows. Llewellyn Worldwide: 2002.

TOP 5 CRYSTALS FOR THE WITCH

5. Turquoise

Protection and Healing

American Indians think that turquoise protects against snakebite and gives the ability to stand amongst wild animals without being harmed. It is a very powerful healing stone, either carried in an amulet bag, worn as jewellery or placed on the chakra points to clear negative energy.

4. Moonstone

Especially good for women

Moonstone, strengthens the will, calms the mind, brings a sense of inner security and encourages happiness - great for those PMT blues! Priestesses wear moonstone as their sacred stone - as it becomes attuned to the wearers energy it changes tint.

3. Bloodstone

Strength and bravery

Wearing bloodstone encourages fame and recognition for your efforts. It also supports a long life. Bloodstone has been used as a talisman for soldiers and warriors. Expectant mothers can wear bloodstone on

their left arm until labour to prevent a miscarriage and then swap to their right arm for an easy delivery.

2. Clear Quartz

Multi-purpose

Clear quartz can take the place of any crystal if you charge it (hold in your hand and project your energy into it) and state your intent to it. The best crystal calls are made of clear quartz. It has piezo-electric qualities which means it can convert physical energy into electrical energy and vice-versa. Keep your quartz out of direct sunlight when using it magickally. Smoky quartz is aligned to men, much as moonstone if aligned to women.

1. Amethyst

Psychic power

A member of the quartz family, Amethyst is the ultimate psychic stimulator - I always keep some on my altar. It brings peace of mind and can increase beauty and keep love alive. Place over the third eye when meditating as it assists to connect you with the Universal soul.

topaz

Color: Pure topaz is colorless, but it also occurs in a broad range of colors: yellow, blue, pink, peach, gold, green, red, and brown.

Some natural yellow stones are heated to become permanently pink (pinked topaz).

Description: Topaz is an aluminum fluorite silicate containing fluorine and has a chemical formula of $Al_2F_2SiO_4$. It is one of the few gem minerals which, under suitable conditions, grow into enormous crystals. Topaz typically occurs in cavities in rhyolites and granite, in pegmatite dikes, and in high-temperature veins with cassiterite and tourmaline.

The stone is transparent with a vitreous luster. A light yellow, brown and pink variety of topaz are valued as a gemstone. The pure crystals of topaz used a great deal in jewelry.

The name's origin: The name topaz is derived from the Indian Sanskrit word tapas, meaning fire. According to another theory topaz derives its name from the Island of Topazos, in the Red Sea, where the Romans obtained a stone which they called by this name, but which was the modern chrysolite or peridot.

Birthstone: Topaz along with citrine are birthstones of Scorpius (Scorpion): Oct. 24 - Nov. 21.

Toxic or Harmful Stones

for Gem Elixirs, Gem Waters, Massage Oils, etc.

I've been asked many times about whether a certain stone is safe for making conventional gem elixirs, gem waters, massage oils, or other internal uses or absorbent uses. While any stone can be potentially harmful for fumes, or dust, here is some information on stones

that are especially known to be toxic. Please be aware that this is an partial list, as I don't know all the possible toxicity information. Before using any stone or crystal for elixirs or waters, you should personally make sure that it's safe by consulting a mineralogist or other professional.

Types of stones that are toxic to ingest are minerals/ metals containing copper, lead, arsenic, cadmium, aluminum, barium, mercury, zinc, and other other poisonous substances. These substances are often what gives a stone its characteristic coloring or shape. Great to look at, great to hold, but not great to put in the body. Where I have information on it, I've noted the toxic material in the stone.

Adamite - zinc, copper
Amazonite - copper
Amber - toxic dust, fumes, possible ingestive toxicity
Angelite - lead, sulphur
Aragonite
Atacamite - copper
Auricalcite - zinc and copper
Azurite - copper
Boji-stones/Kansas Pop Rocks (may contain sulphur)
Bronchantite - copper
Cerrusite - sulphur, molybdenum
Chalcantite (aka "blue shit") - copper
Chalcopyrite (Peacock Stone, Peacock Ore) - copper and sulphur
Chrysacolla (Chrysocolla) - copper
Cinnabar - mercury
Cobaltocalcite (Pink Cobalt Calcite) - cobalt
Conicalcite - copper
Copper - copper
Coral - organic, may contain bacteria as well as pollutants from toxic materials in the water it forms in
Cuprite - copper
Diopside - copper
Diopase - copper
Eliat Stone - copper
Emerald - aluminum
Garnet - aluminum
Gem Silica - copper
Galena/ Galenite - lead
Garnierite (Genthite, Falcondoite) - nickel
Hiddenite - aluminum
Iolite - aluminum
Kansas Pop Rocks - may contain sulphur
Kunzite - aluminum
Kyanite - aluminum
Labradorite - aluminum
Lapis Lazuli - may contain copper, sulphur
Marcasite (Markasite) - sulphur

Magnetite (Lodestone) - iron in large quantities
Malachite - copper
Meteorite - may contain many toxic substances
Mohawkite - copper, arsenic
Moldavite - aluminum
Molybdenum - molybdenum
Moonstone - may contain aluminum or other toxic substances
Mother of Pearl - organic, may contain bacteria as well as pollutants from toxic materials in the water it forms in
Opal - toxic dust for inhalation at least, so if you must use opal for an elixir, etc., be sure to carefully clean off any opal dust
Pearl - organic, may contain bacteria as well as pollutants from toxic materials in the water it forms in
Psiomelane - barium
Pyrite (Fool's Gold, Inca Gold) - sulphur
Quartz (all types) - toxic dust for inhalation at least, so if you must use quartz for an elixir, etc., be sure to carefully clean off any quartz dust
Realgar - sulfur, arsenic
Rhodocrosite (Rhodochrosite) - lead
Ruby - aluminum
Sapphire - aluminum
Sodalite - aluminum
Spinel - may contain aluminum, zinc
Stibnite - lead, antimony
Smithsonite (Galmei, Zinc spar)- zinc, may contain copper
Sulphur - sulphur
Tiger's Eye
Topaz
Tourmaline, Watermelon - aluminum
Turquoise - copper
Uranium - radioactive mineral
Vanadanite - lead
Variscite - aluminum
Wulfenite - lead, molybdenum

Avoid and do not make conventional gem elixirs, gem waters, massage oils, or other consumables with these stones. The general rules below can help you and those you know stay safe.

Do not make conventional gemstone elixirs, gem waters, massage oils of any stone containing metal (lead, copper, etc.) Use an indirect method instead.
Polished stones are less likely to allow elixirs, etc. to leach any potentially hazardous materials. Rough stones are most likely.

In general, almost all blue and green stones, especially brightly colored ones, contain copper and are unsafe to use for conventional gem elixirs, etc.

Shiny, metallic stones should be avoided.

Don't handle stones containing arsenic, such as realgar, or mercury, such as cinnabar without protective gloves. Wash hands thoroughly with soap and water after handling

them. These stones are extremely toxic.

Do not eat, drink, or smoke while handling potentially toxic stones.

Keep all potentially harmful stones (including small, bite-sized stones that aren't necessarily toxic!) out of reach of children for safety.

You may find contradictory information elsewhere as to the potential hazards of these stones, as I am not a mineralogist nor a health care practitioner. I recommend being cautious, though, and using unconventional indirect methods for making elixirs and other consumables unless you're certain of what you're doing. To be on the safe side, consider these stones, and any stones you don't know for sure about, to be poisonous to eat, drink, or otherwise consume.

WIRE WRAPPING CRYSTALS

Do you have a special crystal that you want to be more focused? Here is a simple method to wire wrap it and help focus the crystals energies:

Choose your wire based on a color compared to what you are focusing the crystal towards {Copper for love, etc.}

Once you have selected your wire, place about 1/8" of the wire straight down the side of the crystal.

Bend the wire over the top of the crystal and wrap tightly and closely down until the wire going down the side cannot be seen.

With broader wraps go all of the way down the crystal with no more than a few wraps.

Go up with the same style of wrap making a criss-cross pattern.

When you reach the top wrap tightly and closely a few times.

Coat top of crystal with melted resin to seal it.

Once resin has dried, burn away the outer layer with a candle, leaving onley the resin inside it wire, sealing it.

Special thanks for this article, created & submitted by Phillip

Yellow Jasper :: India stone of Health and Happiness

Jasper is considered a Power Stone and a stone that accepts intense responsibility as a Protection Stone. Jasper gives one the courage to speak out and have personal independence. Its a stone of the earth, and therefore a very "grounding" stone. All Jaspers

have excellent protective energies.

The yellow jasper carries the sun's rays, and holds a masculine energy. It is a softer side, if you will, of the male energy. The yellow also can be used to aid and protect you during times that you travel, this can mean both the physical or spiritual means of traveling. It is a stone of protection and shields you from negativity. It is good for warding away depressions. Jasper helps to align the chakras, balances the yin and yang energy. It helps balance the emotional, physical and mental bodies to the enteric energy. Shamans have used jasper for protection. It connects with the solar plexus . The ancients used jasper over their heart and naval chakras prior to astral travel for protection and balance. Its also good when your energy is low. It can help with disorders of kidneys, bladder, liver and stomach. I hope that this info is what you are looking for. I have many good books about crystals and minerals. I got this info from Melody's Book, Love is in the Earth.

I call it the Wonderstone due to its' color is soft yellow with waves of light violet/pink, usually flowing through it. It is used to facilitate and reinforce the state of tranquility. It is helpful in eliminating worries, telling you that worries do not change a situation and that the appropriate action can modify the results; it also assists in one gaining insight to a beneficial action. It helps in eliminating distress and depression. It helps increases one's feeling of well-being. Imparts the gift of joy and happiness. It is an excellent stone for bring mental clarity to any predicament. It also stimulates imagination and furthers faith in acceptance of ones basic impulses and intuitive energies. This stone reflects the nurturing aspects of sunshine bringing lightness into your life. A protective stone that is excellent for traveling. Inspires endurance by teaching that patience is it's own reward. A very positive and cheerful energy is sure to follow whenever you use this stone. Yellow Agate strengthens heart, gives courage, harmonizes heart, throat and solar plexus, detoxifies system, reduces temperature, sharpens, sight, illuminates, gives balance, eloquence, vitality and joy, mellows, brings prosperity, raises self esteem, balances extremism, aids in reoxygenation of body, regenerates, protects from x-rays, strength, protection, support, aids upset stomach, lungs, depression, lethargy, throat, skin, tumor. Earth, For grounding & balance. For strength, protection and support. Aids strength and courage. Compels truth, promotes good manners, happiness, intelligence, prosperity, longevity, fertility, and good health. Assists in making and keeping friends, helpful to farmers and those interested in growing plants. Aid in restoration of energy, used in healing, and believed to bring wearer happiness, wealth, health, and long life. Increases ability to ward off self-induced anger and inner bitterness.

Hindu mystics believe that agate can help children overcome their fears, learn to walk earlier and maintain their balance. Set in a gold necklace, agate will quicken a sluggish metabolism. Place variegated and banded agate crystals under your pillow at night to relieve insomnia and bring good dreams.

Corresponding Chakra : Heart Chakra

The medical benefits are: it can be use in the amelioration of spasms and convulsions. It helps remove blockage in the energy path which have led to poor circulation. It vibrates to the number 8.

Abalone (Paua) Shell: Healing Properties: Solace, love, sand, water, beauty, gentleness, caring, comfort, peacefulness, delight.

Healing Properties of Abalone Shell

Abalone Shell has the colors of the ocean in it. Blues, Greens, Purples and Yellows. It is soft to the touch from repeated tumbles in the sand and water. It has slight ripples on it like the patterns left in the sand as the waves lapse over it. You want to hold it and rub the softness. People are instantly taken with its beautiful colors. To look at it brings me instantly to the ocean. Things that come to mind when I hold the abalone shell are; solace, love, sand, water, beauty, gentleness, caring, comfort, peacefulness, delight. For those of you who have never been to the ocean, find a little piece of it and take it with you (see below).

Healing Properties of the Ocean

The mere fact of sitting in the sand at the ocean can bring great feelings of well-being and relaxation. The negative ions created by the salt water's crashing waves, the warm sand below your bare feet connecting you to mother earth (how often do you walk around with bare feet outside?). Most of your six senses are aroused at once, the sense of sound (waves crashing, seagulls cawing), smell (the ocean's salt water, suntan lotion), feel (sand under your feet and salt water on your body), sight (the vastness of looking out into the ocean's never-ending).

A Meditation by the Ocean

Whenever I meditate, this is where I picture myself (you can do it too!). I see myself sitting quietly facing the ocean on the warm sand with my eyes closed, and my face reaching up towards the warm sun shining through my closed eyelids and I feel this warmth cover me like a blanket. It is early in the morning when people are out for their morning walks and are not making much noise. I am picturing myself sitting in a crossed-leg position with my arms resting gently on my legs, palms up with my forefinger and thumb touching each other. I now take in 3 deep breaths and let myself go. I feel the warmth of the sun, I can hear the sounds of the waves crashing, I can hear the seagulls cry, my hands rake through the warm sand, I am one with the earth. I stay there as long as I can, pushing thoughts away that pop into my head and bring myself back to the sound of the waves. I picture a white light swirling around me, and see myself smiling and happy as I say to myself, "I am Happy, I am Healthy, I am Wealthy, I am Wise, I am Light, I am Love."

Re-create the Sense of the Ocean at Home

You can recreate your own sense of being at the ocean at home by:

Taking a bath in ½ cup of sea salt (you can buy at most grocery stores now).

Use a wonderful bath gel from "Philosophy" brand called Message in a Bottle that brings the sense of smell of the ocean back to me.

While taking your bath, or at bedtime, you might want to listen to Echoes of Nature: Ocean Waves.

Use Palmer's Cocoa Butter lotion anytime, it brings back the smell of suntan lotion.

Or buy a small water fountain to recreate the sound of water moving.

Carry or wear a piece of abalone shell, leave a piece of it on your desk at the office as a

reminder of the ocean (see products below).

Stone: Agate

Color: Varied

Associated Element: Varied

Energy: Varied

Magickal Powers/Uses: There are many different types of agate, each with its own special colors, patterns, and powers. Agates are generally used for healing, protection and love. Moss agates are white with "moss" on or inside them. They are sometimes called tree agates, and are useful in gardening and fertility of plants. Moss agates are also used for ensuring happiness and riches. Banded agates are used for healing emotional pain and relieving stress. Blue lace agate is used to calm and create peace, for expression, and in public speaking. Brown agates are used for success, green for health, and red for healing, particularly involving illnesses relating to the blood.

Stone: Amazonite

Color: Green

Associated Element: Earth

Energy: Receptive

Magickal Powers/Uses: Amazonite is the "gambler's" stone. Although it is helpful to gamblers who are seeking riches, it can also be used to help ensure success when taking chances or risks in other matters. Amazonite also helps increase one's self-worth and confidence. Amazonite was sacred to the ancient Egyptians and many South American peoples, hence its name. It is a member of the Feldspar family of stones and is found in the United States, Norway, Russia, and Madagascar.

Amber

Color: Gold brown

Chakra: Hara chakra

Stabilizes the entire hara system and emotional body

Promotes the certainty of one's path and choices, mental and emotional strength

Facilitates energy balancing and cleansing, all-aura healing

Refills, protects, and repairs aura tears from too rapid emotional or karmic release

Removes psychic attacks, lessens damage from anesthetics, or other negative agents

Is a protective shield against taking on other's pain in healing work

Protects against psychic attack, psychic draining, or energy intrusion by others

Is highly calming

~source Healing with Gemstones and Crystals~

Stone: Amber

Color: orange, yellow, green, brown

Associated Element: Fire/Akasha

Energy: Projective

Magickal Powers/Uses: Amber is a powerful substance that is the fossilized resin of ancient coniferous trees. It is a fossil, not a stone, and was once part of a living organism. As a result, it is organic and has special energy and powers and is associated with longevity, life cycles, and time. Amber can be used for just about any purpose and is also combined with other stones to strengthen magickal workings. In some covens, the High Priestess wears a necklace of amber and jet (jet is fossilized wood, and is also organic). It is sometimes referred to as a Witches Stone, as it was used extensively by Witches in ancient times. Amber is sacred to many Native American nations. It may include the remnants of small creatures or plants that were trapped within the sap while it was still viscous and sticky. Genuine amber can be difficult to find, as it often "faked" using plastic or glass. When rubbed against wool or silk, amber will create an electric charge. It will also float in salt water, as it has a low specific gravity. Amber occurs in large quantities in the Baltic region and Poland, but is also found in the United States and the Dominican Republic.

Stone: Amethyst

Color: Purple/Violet

Associated Element: Water

Energy: Receptive

Magickal Powers/Uses: Amethyst is foremost a stone of peace, love and healing. It can transform negativity and relieve stress. It is associated with dreams and restful sleep, as it relieves nightmares and provides pleasant dreams. Its color associates it with spirituality and psychism, and it is used on the crown chakra to aid in meditation, visualization, spiritual awakening, and strengthening intuition. The Greeks and Romans believed that amethyst could prevent drunkenness when placed in a wine goblet. Like amber, amethyst has been used extensively as a powerful magickal stone for thousands of years. It is also used for protection and developing courage. It is a variety of quartz, with a translucent, crystalline structure. It is found throughout the world including the United States, Russia, Canada, Mexico, and South America.

Ametrine

Color: Purple and gold

Chakra: Crown

Stabilizes the balance between spirituality and daily life, aids in bringing spiritual values and abilities into daily use, supports spirituality as a way of life

Helps psychic opening and development, astral projection, working with spirit guides, meditation

Balances inward and outward energy flows

~source Healing with Gemstones and Crystals~

Stone: Ametrine

Color: Purple/Golden Yellow

Associated Element: Water/Fire

Energy: Receptive/Projective

Magickal Powers/Uses: Ametrine is a naturally occurring combination of amethyst and citrine in one stone. Amethyst and citrine are both quartz crystals. Ametrine has the powers of both stones, although perhaps to a lesser extent. Most ametrine is found in Mexico

Stone: Apache Tear

Color: Black

Associated Element: Fire

Energy: Projective

Magickal Powers/Uses: A form of obsidian, although it may appear translucent, apache tear is used in much the same way. It is associated with protection and luck. Obsidian is an igneous (volcanic) rock, hence its association with the element of fire. It is essentially volcanic glass. Apache Tear takes its name from a Native American legend that tells that the stones are the hardened tears that the Apache people cried when they were forced to leave their homes and witnessed the destruction of the land. Another legend states that the stones are the hardened tears of the Apache women who cried as brave warriors died in battle.

Stone: Aquamarine

Color: Pale blue-green, may appear almost white in some stones

Associated Element: Water

Energy: Receptive

Magickal Powers/Uses: Aquamarine has many varied powers. It is used in rituals involving water, for protection when crossing bodies of water, and for peace, happiness, and courage. It is the stone of sea goddesses, and people who make their living near or upon the water have long used Aquamarine as an amulet for protection against storms. It is also helpful in fostering happiness in relationships and is excellent for workings regarding love. Aquamarine is associated with the throat chakra and can be used to relieve illnesses of the head, neck, and throat. It occurs naturally all over the world, from North and South America, to Asia and Africa and is in the Beryl family of stones.

Stone: Aventurine

Color: Green

Associated Element: Air

Energy: Projective

Magickal Powers/Uses: Aventurine is used for increasing mental powers, intelligence, and creativity. It is also a "gambler's" stone and is used when taking chances and to attract money. It is useful as a general stone for luck, peace, and physical healing. Aventurine also promotes emotional tranquility, positive thoughts, balance, and enhances leadership qualities. It is helpful in treating circulatory, heart, lung, glandular, and muscular problems.

Stone: Azurite

Color: Dark blue/indigo

Associated Element: Water

Energy: Receptive

Magickal Powers/Uses: Azurite is a spiritual stone, used for creating awareness, dissolving negativity, expressing emotions, and increasing psychism. It aids connections with the Goddess/God. It was a sacred stone to Native Americans and the Mayans. It is also used in healing diseases of the bones and circulatory system. Azurite is a relatively soft, fragile stone, and should be handled carefully. Its softness allowed it to be crushed for use as a blue dye in ancient times. It gets its blue color from the presence of copper reacting with the surrounding minerals. It is almost identical to malachite in chemical composition, and azurite and malachite often occur together. It is found in Mexico, Australia, and the Southwestern United States.

Benefits of Crystal Healing

- Accelerated healing on all levels
- Restored balance & flow
- Move through & release blocks
- Open to vitality and wellness
- Increased clarity, awareness, creativity, energy & joy
- Connect with your divinity and your divine healer within
- Inner knowing, acceptance and love

· Cleanses aura & elevates consciousness

Stone: Beryl

Color: Varied

Associated Element: Water

Energy: Receptive

Magickal Powers/Uses: Beryl is actually a family of stones with the same composition, but impurities occurring in the stones produce different colors. Aquamarine and emerald are both types of beryl. Colorless, or clear beryl, called Goshenite, has been used for thousands of years for crystal divination spheres (crystal balls). Beryl is associated with the sea and is another stone to provide protection while traveling over water

Stone: Bloodstone

Color: Medium to dark green with red/orange spots/bands

Associated Element: Fire

Energy: Projective

Magickal Powers/Uses: The bloodstone has ancient associations with blood and healing and has a wide variety of uses. It is also called heliotrope and is a type of jasper. It is used to heal and avoid wounds, ensure success, attract money, and protect pregnant women. It also can be used to produce "invisibility" or "cloaking" when in a place or involved in a situation where one does not wish to attract attention to oneself. Bloodstone ensures justice and fairness in court and legal affairs. It also fosters creativity, development of talent, idealism, and good fortune. Magickal lore states that when a bloodstone's energy is depleted, the red spots will turn to white, and the stone should be returned to the earth.

Stone: Blue Chalcedony

Color: Light blue

Associated Element: Water

Energy: Receptive

Magickal Powers/Uses: Blue chalcedony is a calming stone, and fosters stability, optimism, generosity, and benevolence. It helps to communicate with accuracy and authority during a speaking engagement, lecture, etc. It is associated with the throat chakra and can be used to prevent diseases of the throat and mouth, and to strengthen the voice. It calms nerves and promotes tranquility. Chalcedony was a sacred stone to many Native Americans and Tibetans. It is also a stone of protection and helps prevent accidents, nightmares, and negativity. Chalcedony occurs in India, Australia, South Africa, and parts of the United State

Stone: Calcite

Color: Varied

Associated Element: Varied

Energy: Varied

Magickal Powers/Uses: Calcite is a crystal, which, like quartz, occurs in many colors. One clear variety is called Iceland Spar. Calcite is an interesting mineral, in that it shows double refraction. When an image on a piece of paper is viewed through a clear calcite, it will appear doubled, as a ray of light is split into two different beams--one fast and one

slow--and the light beams are subsequently bent into different angles when exiting the crystal. It is said that calcite has the power to double the effectiveness of spells because of this quality. Calcite is used for protection, attracting money, healing, spirituality, and love. It is one of the most common minerals on Earth, and is found nearly everywhere.

Stone: Carnelian

Color: Orange-red

Associated Element: Fire

Energy: Projective

Magickal Powers/Uses: Carnelian is an energetic stone with a semitransparent or translucent red/orange color. It is used to increase energy, stimulate success, boost confidence, motivate, and dispel negativity. Carnelian promotes career and business success. It is helpful in spells relating to reproduction and fertility. Carnelian is also a stone of protection. It was supposedly the favorite stone of the prophet Mohammed and was used extensively in the ancient Arabic world. Carvings of verses from the Koran have been found on carnelian stones. Carnelian promotes warmth, harmony, appreciation of nature, memory, and helps to alleviate sorrow. It is associated with the lower chakras and can be used to heal lower back and arthritis pain. It is an abundant stone and occurs throughout the world.

Stone: Cat's-eye

Color: Green-yellow

Associated Element: Earth

Energy: Projective

Magickal Powers/Uses: Cat's-eye exhibits chatoyancy, a flickering quality that appears to move along the stone when exposed to light at different angles. This quality is similar to the way an actual cat's eye can reflect light to produce different colors at different angles. Cat's-eye is used as a beauty enhancer, but is also useful for attracting money and luck. It can be used for ensuring mental health and fighting depression. Cat's-eye is said to cure or prevent diseases of the eye, and ancient lore suggests that it was a powerful talisman for warding off the "evil eye".

Stone: Celestite

Color: White to pale blue

Associated Element: Water

Energy: Receptive

Magickal Powers/Uses: Celestite is a deeply spiritual stone that connects one with higher consciousness and our spiritual selves. It is used as a stone of communication and can aid in communicating with the Goddess/God. Celestite is used to foster compassion and understanding. It relieves tension, headaches, and stress. Celestite is found in the upper Midwestern United States, Italy, Germany, and Madagascar.

[Choosing Crystals](#)

With such a wide choice of crystals and minerals available to us these days it can sometimes become quite overwhelming when we try to choose which ones are right for

us. As crystals, and us, are made up of energy and are interconnected they normally choose you as much as you would choose them! Each crystal will end up with you for a reason, whether you have chosen it yourself or have been given it as a gift. The energy from the crystal will be what you need at the time of choosing, so it may not be one that stays with you forever, (they have a habit of disappearing or being given away when they have done their work with you. They may also break if they have taken on too much negative energy. This is why crystals need cleansing).

Why choose a crystal?

Here are just a few reasons why we might choose crystals other than for healing purposes:

- * For remembering dreams
- * Create a harmonious atmosphere in your surroundings
- * Protection, from others negative energy fields, from computers etc.. and in the home against unwelcome intruders
- * For help with focus, to remember and for exams etc.
- * To prevent travel sickness, keeping calm in the car, to help find your way (& parking spots!)
- * Plants love crystals to help them grow and get rid of pests
- * Confidence booster
- * Creativity, whether music, art or in the kitchen
- * As an agony aunt, tell it all your troubles (but do remember to cleanse it well afterwards)

There are endless uses of crystals but always remember to use them only for the Highest Good of all concerned.

So, how do we choose?

If you are trying to choose a crystal for a specific reason, then focus on that reason and allow your intuition to choose the right crystals.

- * The 'must have' crystal - this is when a crystal categorically picks you. You simply must have it for whatever reason! When you get it home, sit with it, meditate with it and find out why it picked you. If you don't get an answer straight away, don't worry, try asking again at a later date. It may not even be for you, especially true if you are a healer as it may be for a client that is about to come your way!
- * Visually - this is probably how most of us choose to start with. It's when a crystal takes your eye, it looks right and maybe has that special sparkle.
- * Sensing - this is when you just 'know' that a crystal is right.
- * Hearing - you may hear the name of the crystal you need or you might be lucky enough to hear a sound that the crystal makes and again know that this is the right one.
- * Taste and smell - it is less likely that you will pick a crystal by sense of taste or smell, but if these senses are strong within you as an individual it may be that you get a taste in your mouth or a certain smell when you are choosing.
- * Touch - this will be when the crystal feels right to touch. It feels comfortable and you may feel tingling, heat or some other sensation when holding it.

* Dowse for it - if you know how to use a dowsing pendulum, then you could dowse for it.

Choosing crystals is mainly about using your intuition and using your six senses as an extension of that intuition. Remember that crystals will choose you as much as you choose them! Enjoy them!

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CHOOSING YOUR CRYSTALS

All crystals and gemstones 'vibrate' on their own individual frequency. In that respect they are similar to us human beings.

We have all had the experience of meeting a perfect stranger for the very first time and either liking that person immediately or feeling an antipathy towards them - without in any way being able to explain our feelings or emotions.

To fall in perfect love is a beautiful and wondrous experience - the coming together of two minds, two spirits and two physical bodies, both 'vibrating' on the same beautiful frequency!

Crystals and gemstones should be chosen in exactly the same way. It is so very important that the stones which we choose and use should 'vibrate' on a frequency as close as possible to our own.

Individual methods of choosing crystals and gemstones vary from person to person but normally include:-

- 1) Close your eyes and quietly meditate for a few moments. Then open your eyes very quickly and pick up the very first stone to which your eye becomes naturally drawn.
- 2) Run your hand (either your left or right hand depending upon which you prefer to use) over all the stones available for selection. You will soon discover that one stone will 'stick' to your hand as if it is 'tacky' or surrounded with glue. This is your stone.
- 3) Intuitively you will instinctively 'know' which stone you should choose and which is 'right' for you! You might feel as if the stone is jumping up and down shouting, "Me! Me! Me! Choose Me!" Or you might sense or even 'see' a strong crystalline white light radiating from the stone and attracting you like a magnet.
- 4) Should you happen to be a competent dowser then you should

be able to select the most appropriate stone by using your own individual dowsing techniques

And sometimes you truly feel as if your stones are actually choosing you!

This has often happened to me. All my most powerful and energized quartz crystals have all arrived on my doorstep (so to speak) for a particular purpose and have a special reason for wanting me to work with them. Normally they have been either absolutely free or have cost me very little money.

Should you wish to choose a quartz crystal or a gemstone for one of your friends who, perhaps, lives some distance away from you, follow exactly the same principles as if you were choosing a personal stone for yourself but on this occasion visualize, as strongly as possible, a picture of your friend within your mind's eye. With a little practice you will soon discover that it is very easy to select just the right quartz crystal or gemstone for any of your friends who are unable to choose their stones in person for themselves.

Although more and more retail outlets are now selling crystals and gemstones there are still many towns and cities here in the United Kingdom where it is still extremely difficult to purchase your own crystals and stones in person.

For many people, the only real opportunity they have to select a crystal or gemstone personally is to attend one of the regular workshops and seminars that I run.. At all these workshops and seminars there are always a large selection of crystals, gemstones and books available for purchase.

However, there are always a great many people, living in all parts of the World who, for one reason or another, are unable to participate in any of these workshops and seminars and who rely on my personal intuition to select the most appropriate crystal or gemstone on their behalf. In such cases I find that I am either able to work on their name 'vibration' alone or on the 'vibrations' emanating from their original letter. From all the feedback which I receive it would certainly appear that this method works extremely well in most instances.

Stone: Chrysocolla

Color: Blue-green

Associated Element: Water

Energy: Receptive

Magickal Powers/Uses: Chrysocolla is a stone of peace, wisdom, serenity, tolerance, patience, and love. It promotes gentleness and sensitivity. It is also said to dispel fear and unreasonable emotions. It was sacred to many Native American peoples. It is found in

Australia, India, and the United States.

Chrysocolla

Color: Aqua

Chakra: Thymus

Attributes: Chrysocolla is a tranquil and sustaining stone. It helps meditation and communication. Within the home, Chrysocolla draws off negative energies of all kinds. It can help you to accept with serenity it is beneficial to relationships that have become rocky. Stabilizing and healing both the home and person interaction.

Chrysocolla calms, cleanses, and reenergizes all the chakras and aligns them with the divine. All the solar plexus chakra, it draws out negative emotions such as guilt, and reverses destructive emotional programming. At the Heart chakra, it heals heartaches and increases the capacity to love. At the throat, it improves communication but helps you to discern when to keep silent. At the third eye, it opens psychic vision.

Psychologically, Chrysocolla encourages self-awareness and inner power and inspires creativity. Overcoming phobias, it draws out negativity and supplies motivation for those who lack it.

Mentally, Chrysocolla reduces mental tensions and helps you to keep a cool head. It promotes truth telling and impartiality. Emotionally, Chrysocolla alleviates guilt and brings in joy.

Used for:

Form women's all healing and internal physical healing, connects one with Goddess

Creates awareness of self as a part of Goddess

Connects thymus and throat chakras for releasing grief, sadness, and fear from the emotional body and aiding the entrance of joy, certainty, and peace

Supports letting go, surrendering pain and worry to universal love.

Aids emotional healing from incest, rape, mastectomy, and hysterectomy

Heals lungs, throat, heart, premenstrual syndrome, cramps, and inflammations.

Healing:

Helps with digestive troubles, high blood pressure, arthritis, and ulcers. Raises the metabolism. Works very well on female problems. Excellent for preventing miscarriage or healing following abortion or hysterectomy.

Magick:

Chrysocolla helps to clear the subconscious of fears, guilt, and tension. Aids in releasing old resentments and forgiving people. Helps to calm the emotions. Also good for dealing very feminine energies, chrysocolla eases the mental and emotional pains of troubled relationships by relieving tension and bringing our inner strengths.

Magickal Uses:

When trying to remove yourself from a troublesome or even dangerous situation or relationship, especially on that is filled with emotional tension, draw a nine-inch circle on a sheet of paper. Set a piece of chrysocolla in the center of the circle. Sit and meditate on what this troubled relationship or situation is costing you in self-esteem, physical danger, mental and emotional stress, even money; make yourself see it in all its ugliness. Do this for nine nights, each time moving the stone a little closer to the edge of the circle. In the meantime, take whatever appropriate and necessary physical action is needed. By the ninth night, you should be able to remove the stone completely from the circle. If, however you have procrastinated and taken no physical action to help yourself, moving the stone over the edge of the circle will not gain you your freedom from the problem.

Sources:

Crystal Enchantments D.J. Conway

Healing with Gemstones and Crystals Diane Stein

Crystal Bible Judy Hall

Stone: Chrysoprase

Color: Light green

Associated Element: Earth

Energy: Receptive

Magickal Powers/Uses: Chrysoprase is a stone of protection, luck, happiness, and balance. It aids in business affairs by assuring impartiality, fairness, and fidelity. Chrysoprase is used in protection of children, young animals, and seedlings, and is helpful during childbirth. It helps in treating diseases of the blood, eyes, and heart, increases dexterity, and alleviates arthritis. Chrysoprase is associated with the heart chakra. It is found mainly in Australia, India, and the United States.

Stone: Citrine

Color: Golden yellow

Associated Element: Fire

Energy: Projective

Magickal Powers/Uses: Citrine is a stone of success and stimulates mental ability, focus, and endurance. It helps one to become more decisive in finding solutions. Citrine lightens and uplifts the body and mind. It is said that citrine is one of the few stones that holds no negative energy. Citrine fosters energy, warmth, and comfort. It is helpful in treating digestive disorders. It is a form of quartz, and although most types of quartz are abundant in nature, citrine is relatively rare. Naturally occurring citrine may often start out as amethyst, but heat from nearby magma and volcanoes can change the color to yellow. Many inexpensive amethyst and smoky quartz stones are heated at very high temperatures to change the color and produce artificial citrine. The artificially created stones are usually brighter and more red/orange, instead of pale to golden yellow. Citrine is found primarily in Spain, Brazil, and Bolivia.

Stone Magick

Stones, like all natural objects, are said to contain, inherent mystical energy vibrations that can be used for healing, spellcasting, and divination. Many contemporary practioners of magic (from folk traditions to ceremonial) are drawn to stones; however, the use of stones as a tool of the occult arts dates back to the ancient (and probably prehistoric) times.

Stones are used in magical workings for numerous purposes and in a variety of ways. They are most commonly employed for healing, protection against the evil eye, attracting love and good luck, balancing the chakras, and warding off bad luck and hexes. Many magical practioners also use them for invoking dieties, conjuring spirits, summoning and

banishing demons, controlling the weather, and divining the future.

Stones are worn as talismanic rings or pendants, carried in charm bags, placed in altars and even powdered and added to potions, candles, make healing tonics, and add powder to ritual tools. Some people even attach them to the collars of their pets and familiars to keep them safe from harm.

Stone magic is generally uncomplicated, yet can yield powerful results for those who know the magical properties of precious and semi-precious stones. But before using any stone as a tool to help manifest your intentions, it is important that it be ritually cleansed (or cleared) and then charged. Cleansing removes negative vibrations from a stone without effecting its magical properties, while charging programs it with energy.

Cleansing

There are numerous methods for cleansing stones and crystals, but the most popular ones include soaking them in saltwater or seawater for a minimum of twenty-four hours, holding them (with their termination pointing downward) under cold running tapwater for at least one minute, placing them in direct sunlight from mid-morning until mid-afternoon, burying them in the ground for at least seven days, covering them with sea salt for one to seven days, visualizing them surrounded by a white or golden light beaming from your third eye chakra, stroking them with a tape de-magnetizer, soaking them in sage tea, exhaling upon them, smudging them with incense or dried herbs, and petitioning a deity to purify and bless them.

Whatever cleansing method you use is entirely a matter of personal choice, and can be based on magical tradition, spiritual beliefs, or perceptions of energy. If you are unsure which method is best for your stone, allow your own intuition to be your guide or consult an oracle such as a pendulum.

The amount of time required for cleansing depends on the amount of negative energy that needs to be cleared. A small amount of negativity may take a few minutes to a few hours to clear, while a large amount may require several days to a week or longer.

A stone that absorbed a great deal of negativity over a period of time will give off negative vibrations, which can be felt by psychic-sensitive persons as either a subtle or intense negative energy current. Aura readers will sometimes perceive it as a dark mist or halo emanating from the crystal or stone.

If you do healing work with crystals and stones, or have them on display in your home and find yourself frequently experiencing headaches, depression, feelings of inertia and/or unexplained physical illnesses, this may be a warning sign that they are giving off negative vibrations and need to be cleansed.

After your stone has been ritually cleansed, hold it in your receptive hand (the left if you are right-handed, and the right if you are left-handed). If its energy vibrations feel normal to you, this indicates a successful cleansing. The more you work with stones, the more

familiar you will become with their different energies. But if you perceive the energy as unhealthy, disturbing in any way, or just "not right," then the cleansing process will need to be repeated until that feeling goes away.

When acquiring a new stone, always perform a ritual cleansing to remove any past influences from it. Stones used for healing work should be thoroughly cleansed before each and every use and after being handled by people other than the healer. Stones that have been used for negative purposes (such as hexing or conjuring of evil entities) should never be employed for any type of positive spell work (especially healings) unless they are thoroughly cleansed beforehand.

Charging

Charging a stone is relatively simple and can be accomplished in the following manner. On the first night of the Full Moon (when lunar energies are at their peak) place the stone in your power hand (this is the hand with which you normally use to write). As you hold it, visualize your specific need or desire, and will your energy to flow from your hand into the stone. Continue doing this until you feel that the stone is attuned to your energies and vibrating with your personal power. Repeat the charging process prior to each spell or ritual you perform.

by Gerina Dunwich

About the Author: Gerina Dunwich, born under the sign of Capricorn with an Aries rising, is a Priestess of the Old Religion, Astrologer, founder of the Pagan Poets Society, and author of two dozen books on Wicca, spellcasting, and the occult. She currently resides in California. Visit Gerina's official website at <http://www.freewebs.com/gerinadunwich/>

snowflake obsidian

Snowflake Obsidian meaning

Snowflake Obsidian is a stone of purity. It balances mind body and spirit.

Placed on the sacral chakra, snowflake obsidian will calm and soothe and allow you to view unhealthy patterns in your own behaviour, thus opening the door to change.

Obsidian draws hidden imbalances to the surface and releases them.

The blackness of this stone enhances the ability to reach your inner self. It is one of the earliest known stones to be used for scrying (seeing into the future).

Healing properties of snowflake obsidian

Snowflake obsidian relieves muscle cramps, and is a detoxification stone.

Sources of snowflake obsidian

www.crystal-cure.com/obsidian-snowflake.html

A dark black stone with grey/white

cloud-like inclusions. An amorphous, silica rich volcanic glass formed

by rapidly cooling lava. It is commonly found in Mexico and the USA and

was frequently used as arrowheads and other weapons by American Indians.

A good stone to use in times of change and for balancing extreme

attitudes. A powerful absorber of negative energies requiring regular cleansing. May be used to clear a subject prior to giving healing. Helps with grounding, meditation, purification, astral travel & scrying. A recording stone which aids psychic hearing (clairaudience), brings greater acceptance of the 'shadow' side of the self, clears energy blocks.

Physically snowflake obsidian can remove pain when placed on the affected area, also helps treatment of arthritis and joint pain, relieves cramp and removes toxins from the body. A dark black stone with grey/white cloud-like inclusions. An amorphous, silica rich volcanic glass formed by rapidly cooling lava. It is commonly found in Mexico and the USA and was frequently used as arrowheads and other weapons by American Indians.

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bronwyn.verens.com/Snowflake%20Obsidian

Obsidian, Snowflake

The stone called snowflake obsidian is a volcanic, black glassy stone with grey or white flecks.

Chakra Association(s): root

Astrological Sign Association(s): Sagittarius

Enhances/Strengthenes: balance especially during times of change

Diminishes/Lessens: instability, fear

Just as the matter of this stone has come through the volcanic fire that created its present beauty, so can it help people calm their fears and maintain their balance during times of change. Let its journey of rebirth through seeming peril into greater beauty remind you that all changes do pass and it is possible to emerge from them stronger and more vital than before.

www.xanadufarms.com

DEFINITIONS

Snowflake Obsidian: Snowflake obsidian is a striking black, lustrous opaque stone with grayish/white bold markings, much like the beautiful patterns of snowflakes on a black background. It is a form of volcanic, amorphous, siliceous glassy rock. This form of obsidian is found in Utah.

Snowflake obsidian is said to sharpen both the external and the internal vision. It is one of the most important "teachers" of the New Age stones. It is the warrior of truth, and shows the self where the ego is at, and what it must change in order to advance to the next step of evolutionary growth.

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sardonyx stone of Mental health

Properties Microcrystalline quartz, banded chalcedony chemical composition SiO₂

Sardonyx is actually agate whose banding is straight and parallel. Like much agate, it is dyed to enhance or change its colors. (Red and white; black and white) (dye enhanced) Dyeing agate was an art practiced by the Romans from early on, but it reached perfection in the 1820's in Oberstein, Germany. That town is still the world's finest center for cutting and dyeing agate. Although the details of the process remain a commercial secret, we do know that iron oxide is a pigment used to create the rich combination of deep orange-reds in red and white bull's eye sardonyx and in the red and white-banded variety. And carbon is used to create the striking deep black banding in black and white banded sardonyx. The effects are stunning: ancient agate beads in rich colors perfect for blending with solid colored red or black beads-"the" fashion colors for 2000-2001 fashions. Mors scale 6? to 7

Virgo- green jasper, sardonic Mars

A form of Onyx with white and red bands. Fosters luck, friendship, happiness, good fortune, romance and marriage. Protective of the young and of those who try new things. Associated with stamina, vigor, energy and creativity. Teaches us to love nature's wild places and inhabitants. Mental self control, depression, anxiety & especially for grief. Sometimes worn to rejuvenate physical beauty, and to strengthen the permanency of love relationships.

Stone: Quartz, Crystal

Color: Colorless

Associated Element: Water

Energy: Projective/Receptive

Magickal Powers/Uses: Crystal quartz is also referred to as rock quartz. It is the clear form of quartz that is not colored by the inclusion of other minerals and has not been transformed by heat. Crystal quartz is an energy capacitor, alone and in conjunction with other stones. It is said to become electrically charged when squeezed, and is used in watches and radios because it vibrates at a constant frequency when an electric current is run through it. A natural quartz point is particularly effective for directing energy flow, and is sometimes placed on the tip of a wand. Points of crystal quartz can also be used to designate the parameter of a magick circle. Crystal quartz is a stone of psychism, scrying, protection, energy projection, and healing. It is symbolic of the goddess, the moon, and the sea. Once believed to be ice, it has been used in a spiritual capacity for thousands of years by Native North and Central Americans, the people of Australia and the Pacific, ancient Greeks, the people of Mexico, and those in the British Isles. It is incredibly abundant and is found throughout the world.

Petrified Wood Stone Of Health and Longevity

Geological: These stones are pale green, light brown and rust in color with sharp edges. The word "petrified" means "turned to stone." In certain areas of the world, dry and

barren deserts now cover land that was once lush with green plants and forests. For some reason, the forests died and the trees fell to the ground. There, silica and other mineral bearing solutions infiltrated the wood and slowly impregnated it with stone. The stone took on the same shape and color of the wood from the trees.

Petrified wood comes in a rainbow of colors, reflecting the minerals that made it. So a calcified log will be white (unless it's exposed to the browning effects of sunlight).

Impurities in the invading mineral influence the color, making no log exactly alike. Iron adds reds and yellows; manganese and copper may create blue or green patches. Crystals of quartz and other minerals make petrified wood glitter.

Because wood is sometimes set in stone, bearing many of its original markings and rings, we get glimpses of what the landscape and climate were like millions of years ago. The many petrified logs found in South Dakota include several species of palm tree, revealing a semitropical past for this now chilly state.

Metaphysical: Petrified Wood offers protection from infections, it benefits arthritis, and restores physical energy. It also prevents work stress, eases worry and enhances awareness. Brings clarity in legal matters and bureaucratic word. Used in lawsuits, to attain success as a lawyer, it is also a secretary stone. Healing , Health and Longevity. A very grounding stone, petrified wood helps to release doubts. It is a stone of strength and courage. It is used in workings to increase fitness and lifespan and also to bring understanding and evolution to all lives, past, present and future.

Obsidian is a very shiny natural volcanic glass. When obsidian breaks it fractures with a distinct conchoidal fracture. Obsidian is produced when lava cools very quickly. The lava cools so quickly that no crystals can form.

When people make glass they melt silica rocks like sand and quartz then cool it rapidly by placing it in water. Obsidian is produced in nature in a similar way.

Obsidian is usually black or a very dark green, but it can also be found in an almost clear form.

Ancient people throughout the world have used obsidian for arrowheads, knives, spearheads, and cutting tools of all kinds. Today obsidian is used as a scalpel by doctors in very sensitive eye operations.

It reflects back to us those things we need to change, but in the most gentle and understanding manner.

reflects back to us those things we need to change, but in the most gentle and understanding manner. Snowflake obsidian, like black obsidian, is a truth-telling stone, but transmits the truth in a more gentle manner. This stone could be placed on the sixth (brow) chakra for discovering beliefs or held in the hand during meditation. Its patterns help us to recognize our own outmoded patterns of thinking and behaviors, and easily release them. Somehow, they just don't seem so necessary anymore. As with all of the first chakra stones, this is a grounding stone & is particularly protective when one is in the meditative state. Physically, it is said to strengthen the skeletal system, and the blood.

\Moonstone: Feldspar (contains aluminum). Translucent with white, pink, yellow, soft

sheen.

Honors the Goddess in all women, Dieting, Gardening, Psychic Awareness, Meditation. Soothes stress, anxiety, women's hormones/menstrual imbalance, lymph. Enhances intuitive

sensitivity via feelings and less overwhelmed by personal feelings. Greater flexibility and flow

with life. Connects 2nd and 6th Chakra and Pineal for emotional balance, gracefulness.

Helps

all be more comfortable with our gentler feminine/yin receiving side. Especially for water signs. Used for protection against the perils of travel. Translucent, milky gemstones usually

pale blue or green that are cut from Albite. Found in India and Australia. Known to be of ancient spiritual significance in their connection to the moon and the intuitive aspect of one's

nature. Help cool, soothe, and calm over-reactions to emotional and personal situations.

Makes one conscious of the fact that all things are part of a cycle of constant change.

They

open us up to the feminine and are associated with sensitivity, intuition, and clairvoyance.

Beneficial for those involved in agriculture. Moonstone's effect upon the menstrual cycle is

powerful. At the time of the full moon or menstruation, women should be aware of their sensitive emotional nature and remove these stones. May help all parts of the lower torso, which include digestive, cleansing and reproductive organs. It is recommended for farmers,

artists, dancers and young men.

MOONSTONE MAGICK

To see into the future, according to an ancient grimoire of the magickal arts, place a moonstone amulet in your mouth at night when the moon is full. Wear a ring of moonstone (dedicated to the love goddess Aphrodite) as amuletic jewelry to attract a soulmate, inspire tender passions, or to protect a love. Carry a moonstone in a charm bag to attract good luck or prevent nervousness. The powers of the moonstone (also known as the "stone of love") are extremely potent when it is worn or carried by persons born under the moon-ruled astrological sign of Cancer.

Iolite: Gem of the Vikings

When Leif Eriksson and the other legendary Viking explorers ventured far out into the Atlantic Ocean, away from any coastline that could help them determine position, they had a secret gem weapon: iolite. The Viking mariners used thin pieces of iolite as the world's first polarizing filter. Looking through an iolite lens, they could determine the

exact position of the sun, and navigate safely to the new world and back.

The property that made iolite so valuable to the Vikings is extreme pleochroism. Iolite has different colors in different directions in the crystal. A cube cut from iolite will look a violetish blue almost like sapphire from one side, clear as water from the other, and a honey yellow from the top. This property led some people to call iolite "water sapphire" in the past, a name that is now obsolete.

Pleochroism may have been helpful in navigation but it makes things difficult for a gem cutter. If iolite is not cut from exactly the right direction, no matter the shape of the rough, its color will not show to its best advantage.

The name iolite comes from the Greek *ios*, which means violet. Iolite is usually a purplish blue when cut properly, with a softness to the color that can be quite attractive. Iolite is readily available and surprisingly affordable. The better and richer the blue, the better. It is mined in India, Sri Lanka, Mozambique, Zimbabwe, and Brazil. The Vikings probably mined iolite from deposits in Norway and Greenland.

Iolite is relatively hard but should be protected from blows. With its attractive color and reasonable price, it may become a jewelry staple in the future.

Healing power of stones

Stones

Stones have a long history of being used for their healing and curative powers. From ancient times, practitioners of astrology noted the relationship of the stars to metals and gems. Each stone has a different character and personality that can be easily classified in terms of astrology. Amber's rich red and yellow colors easily link it to the fire element and to the Sun. Opal's soft milky color links it to the water element as well as the Moon. Stones that are darker and green or black are often connected to the earth element. Stones with a light and often yellow or pale green color are linked to the air element.

The Healing Power of Stones

When we wear stones, display them in the house or garden, or use them in ritual, we can access their healing powers. We can pick stones to heal us on a number of levels. One of the best ways is to pick a stone that will augment an element that is lacking in our chart, or will balance and fortify an element that predominates in our chart.

For example, if there is a lack of fire in the chart, there may be problems with energy levels, passion, creativity, and "get up and go" at times in life. Certain fire stones can help to strengthen the weak fire element and give it a natural boost. Another example is someone with lots of fire in their chart who may be overly exuberant, flirtatious, dominating or have difficulty in sitting still and remaining grounded. In this case, one may decide to pick an antidote stone (perhaps a stone of water or earth to offset the fire) or pick a fire stone that is naturally in harmony. A fire stone will provide a balanced and healthy ____ expression of fire and will temper the extremes of a fiery personality.

Fire Stones

There are a number of wonderful stones connected to the fire element. Below is a short list. The fire element is connected to vitality, creativity, love, playfulness, strength and warmth.

Amber, linked to the Sun: This stone provides a radiant and warming energy that helps

strengthen our overall energy, nourishes our heart and circulation and increases our confidence and magnetism. It helps soothe emotional problems.

Ruby, linked to Mars: This stone is strengthening and has a very grounded _____expression of fire. It is protective by deflecting negativity. It increases the power of the wearer. It helps increase sexual potency.

Rhodochrosite, linked to Mars: This beautiful pinkish stone helps bring a calm and gentle _____expression of fire. It augments energy levels, and helps open the heart (good to give to a lover). It also helps cleanse the blood and stimulates circulation.

Garnet, linked to Mars: This lovely red stone is strongly protective. It is wonderful to wear when needing courage and going into difficult situations and places. It also confers strength and vitality, and will bring a boost of energy when a lot of physical energy needs to be exerted. It is also good for healing skin problems, and strengthens the heart.

Air Stones

Below is a partial list of air stones. Air is related to communication, thought, mental acuity, intelligence and sociability.

Aventurine, linked to Mercury: This greenish stone has been known to augment our perceptive skills and increase the eyesight. We may become more quick and intelligent while working with this stone. Also increases sociability and interaction with community.

Yellow jasper, linked to Mercury: Jasper comes in a wide variety of colors, but yellow Jasper is particularly suited to the air element. It helps strengthen our mental processes, clears the mind and focuses our intent and vision. It reduces “mind clutter” and intrusive thoughts.

Moss Agate, linked to Uranus: There are many varieties of agate. Moss agate helps open our insight and intuition. We become more aware and clear with this stone as messages seem to come that help guide us.

Amazonite, linked to Uranus: This stone is helpful for increasing our social connections. It also helps develop our will, composure and sense of confidence in the world. It helps us harmonize and balance with our friends and relations.

Stone: Gold

Color: Gold

Associated Element: Fire

Energy: Projective

Magickal Powers/Uses: Gold is a well-known metal with ancient associations with Sun gods and divinity in general. It is a metal of nobility, and palaces and places of worship have been decorated with gold for centuries. Gold promotes power, wealth, and luck, and wearing gold is said to ensure a long, successful life. A strong and malleable metal, it is said to augment these qualities in its wearer. It is also protective and stimulates positive energy. Wiccan high priests often wear gold to symbolize the God. Gold occurs in many localities around the world, including South Africa, Russia, Siberia, Canada, and the United States.

Gemstones

From the earliest prehistoric times to our technological age, we have found beauty, power, and mystery within stones. Gemstones have been sought after and treasured by many civilizations. They have been valued throughout history for their beauty and rarity. As with many things that people value, legends have attached themselves to gemstones, infusing them with magic and power. Gemstones have been particularly known for their protective and healing powers.

Through out history precious stones have held a mystical power over royalty and commoner alike who valued both their beauty and the symbolic power meanings they represented. They have a unique quality that inspires some people to exceed their own human abilities and limitations by providing them with an esoteric power that they believe operates on their behalf. (Mario Buscemi)

They expand our consciousness, focus our energy, enhance our lives, calm our spirits and infuse our dreams with healing and/or psychic energies. Because of this, they can be instrumental in your magickal, divination and healing works.

Gemstones have lost none of their fascination and magic for people. Although different gems become popular, there remains an air of mystery about all gemstones that make them valued beyond money and beauty. That is the truest magic of gemstones.

Different gems possess different energies and magick, and therefore are suitable for different uses. Click on the appropriate letter to find the uses and correspondence for your gemstones, minerals or crystals.

Gemstones, metals, minerals, and organic materials have a long history of magickal use. Stones carry the energy of the Earth within them and we absorb these energies within ourselves. The entire universe is comprised of different waves of vibration, and we can attune ourselves to harmonize and accept the positive effects these substances.

Gems, metals, minerals, etc. should always be cleansed and charged before use. Different methods of cleansing include leaving the item out in the Sun or Moon light for a day or two, holding the object under running water, soaking in salt or spring water, or burying within the Earth for a couple of days. Use whichever method feels right to you. Items can be charged by holding the stone in your projective hand (if right handed, use your right, if left handed, hold the stone in your left hand) and focusing your energy and intent within the stone. To receive the stone's specific energy, hold the stone in your receptive hand (if right handed, use your left, if left handed, use your right). Stones, metals, etc. can be used as amulets, in charm bags, to aid meditation, or any way that you find comfortable and helpful.

Some of the items included in the correspondence chart (amber, jet, petrified wood) are fossils and were once part of living trees or plants. These substances hold especially powerful energies within them. Other substances such as pearl, coral, and mother-of-pearl are the remains of animals and were once part of living creatures. Since these substances are usually obtained by killing the creature, you must carefully decide whether their use in magick is appropriate for you. Some metals have also been included because of their magickally potent properties.

Stones can be rough (found just the way they are in nature), tumbled (shined and smooth by hand or in a machine), or faceted (such as gemstones used in jewelry).

You should experiment and find stones, metals, etc. that are appealing to you. If in doubt about a stone's specific function, color is usually a good indicator (pink for love, blue for healing, green for wealth, etc.). There are many reference books relating to gemstones, and Scott Cunningham's "Crystal, Gemstone, and Metal Magic" is particularly helpful.

GEMSTONE CORRESPONDENCES

COURAGE: garnet, quartz crystal, topaz

FRIENDSHIP: amethyst, chrysocolla, rose quartz

HAPPINESS: amethyst, chrysoprase, turquoise

HEALING: carnelian, hematite, jade, peridot, rose, quartz, turquoise

LOVE: amethyst, rose quartz, red jasper, ruby, garnet

STRENGTH: aventurine, bloodstone, jade, tiger's eye, diamond

PROTECTION: carnelian, garnet, lava, quartz crystal

PSYCHIC AWARENESS: aquamarine, lapis lazuli, sapphire, emerald, opal, agate geode

PURIFICATION: aquamarine, calcite

SPIRITUALITY: calcite, lepidolite, sugilite

Stone: Garnet

Color: Dark red

Associated Element: Fire

Energy: Projective

Magickal Powers/Uses: Garnet is a stone of deep red color and is usually easily distinguished from the brighter red ruby. As it is red, it is highly associated with strength, protection, energy, passion, and sex. Garnet is a stone of abundance and can help stimulate material gains, business success, productivity, imagination, and self-

confidence. It promotes healing of the heart, lungs, blood, skin, and relieves inflammation. Garnet are often given as tokens of romantic love or friendship. The garnet was sacred to the Aztecs, Mayans, Native North and South Americans, Africans, and Egyptians. They are found in India, Africa, Sri Lanka, Madagascar, and the United States

Stone: Fluorite

Color: Varied

Associated Element: Varied

Energy: Projective

Magickal Powers/Uses: Fluorite is a transparent to translucent glasslike stone that occurs in a dizzying array of colors. While green and purple are most common, fluorite can also be found in blue, yellow, white, pink, brown, red-orange, colorless, and even multicolored "rainbow" varieties. Fluorite naturally forms cube shaped crystals. It is used for developing mental strength and clarity, concentration, psychic protection, meditation, and in past-life workings. Fluorite is calming and is helpful with fostering personal growth and wisdom. Fluorite (from which fluoride is derived) helps with healing and strengthening the bones and teeth. It is an abundant mineral and is found throughout the world including China, Morocco, Brazil, Canada, Mexico, England, and the United States.

Stone: Emerald

Color: Green

Associated Element: Earth

Energy: Receptive

Magickal Powers/Uses: Emeralds have been associated with love for thousands of years. They are the stones of Venus, the Roman goddess of love, and are said to promote domestic bliss, faithfulness, and devotion. Emeralds are also used for general physical healing, but particularly in healing diseases of the eye. They stimulate the brain, memory, aid in problem solving, and are utilized in magickal work relating to business matters. Ancient lore states that emeralds were used to exorcise evil from those thought to be possessed, and they are commonly used for protection. Emeralds were widely utilized as spiritual stones and decorative adornments by the ancient Egyptians. Emerald is a form of beryl that achieves its bright green color from the inclusion of chromium and iron in the stone. They are quite expensive, but low quality stones which are unsuitable for cutting as gemstones are often available. They are found in Colombia and Africa.

[Different types of stones for protections](#)

Crystals and stones have given their metaphysical energies to protect people forever. From amber which was used extensively for protection by the ancient Romans to golden amulets of the ancient Egyptians to modern good luck charms, many protection magic items have been made of crystals and stones of various kinds.

General Protection : agate, alum, amber (used extensively by Ancient Romans), apache tears, aventurine, banded agate, beryl, black agate, black kyanite, black obsidian, black

tourmaline, calcite, carnelian, cat's eye, chalcedony, chrysoprase, citrine, chiastolite, coral, emerald, fire agate, flint, fluorite, fossils, gold, golden topaz, halite (rock salt crystal), heliodor (golden beryl), hematite, herkimer diamond, holey stones, honey calcite, imperial topaz, jade, jasper, jet, labradorite, lapis (lapis lazuli), lava, lepidolite, magnesite (lodestone), mahogany obsidian, malachite, marble, mookaite, moonstone, nuumite, ocean jasper, olivine, pearl, peridot, petrified wood, prehnite, pumice, pyrite, quartz, quartz crystal clusters, red jasper, ruby, rutilated quartz, salt, sapphire, sard, sardonyx, selenite, serpentine, shark teeth, snowflake obsidian, staurolite, sulphur, sunstone, tigers eye, topaz, tourmaline (red and black especially), tree agate, turritella agate, turquoise, yellow agate, yellow jasper, zircon (clear and red)

Protection from Evil : agate (especially Eye Agate), beryl, black tourmaline, blue chalcedony (especially evil magick), coral, garnet, herkimer diamond, malachite, pyrite, quartz, salt, sapphire, snowflake obsidian, tiger iron / mugglestone (mirrors evil & evil spells back to the sender), turquoise

Protection from the Evil Eye : agate (especially eye agate), cat's eye, carnelian (envious eye, evil eye), malachite, topaz

Protection from Negativity : black kyanite, black obsidian, black onyx, black tourmaline, bornite, celestite, citrine, elstial crystals, jet (absorbs negative energies), kunzite, peacock ore, quartz, smoky quartz (especially in healing)

Protection for Children : agate, jade, malachite (especially from evil eye and evil spirits), mother of pearl (newborn infants in particular), ruby (all family, including children)

Protection During Childbirth & Pregnancy : ammonite, chrysocolla (especially for preventing miscarriage), geodes, hematite, lepidolite, malachite, moonstone, picture jasper (during childbirth especially), rose quartz

Protection for Homes & Other Buildings : halite, salt, riverstone, quartz, ruby, witches fingers

Protection of Worldly Possessions : ruby, zircon (robbery)

Protection Against Crime : Sardonyx

Physical Protection : carnelian, agate, fluorite, peridot, sard, smoky quartz, zircon

Protection During Physical Travel : amethyst, aquamarine (travel upon water), chalcedony, garnet, herkimer diamond, jet, malachite (esp when flying), moonstone (travel at sea), mother of pearl (on water), pearl (on water) rainbow moonstone, tigers eye, petalite, yellow jasper

Protection from Disease/Illness jade, cavansite, zircon, malachite chalcopryrite,

Protection from Poison : diamond, serpentine (particularly snake venom)

Protection from Radiation : amber, rutilated quartz, star sapphire

Protection from Injury : turquoise

Psychic Protection : amber (psychic shielding) amethyst (from negative psychic energy of all kinds), black obsidian, DT crystals, elstial crystals (esp psychic attacks), fluorite, jade (especially vs psychic attack), lapis lazuli, Lemurian seed crystal, moqui marbles / moki balls (esp during shamanic work), nuumite, prehnite, pyrite, ruby, seraphinite (serafina, chlinochlore), sugilite, tiger iron / mugglestone (especialy during shamanic work)

Protection During Channeling : Angelite, petalite

Protection During Astral Travel : brecciated jasper, kyanite, red jasper, yellow jasper

Aura Protection (personal energy field) : fire agate, black tourmaline, labradorite, sunstone, tiger eye

Stone: Diamond

Color: Colorless

Associated Element: Fire

Energy: Projective

Magickal Powers/Uses: Diamonds have long been associated with spirituality, healing, courage, and protection. Diamonds are the hardest substance found in nature, and their incredible hardness also associates them with strength and power. There is not a lot of information that connects the diamond with its most popular modern incarnation as that of the symbol of eternal love. One Greek myth states that Eros (aka Cupid), used diamond tipped arrows to encourage two people to fall in love with each other. There are many other stones that are more closely associated with love that could be used to symbolize marital bonds much less expensively. Nonetheless, diamonds are beautiful and powerful stones. They are widely used in industrial settings as electrical insulators and abrasives. Diamonds are a form of carbon, as is graphite (like that used in pencils) and coal. Over a period of many thousands of years, all diamonds that are at or near the surface of the Earth will very slowly transform into graphite. Diamonds can also be pink, yellow, black, or blue. They are most often found in Africa, Russia, Brazil, India, and Australia.

Crystals as Amulets and Talismans

Before continuing, a distinction needs to be made between amulets and talismans. An amulet is used for protection, be it from illness, diseases, specific dangers (such as protection from lightning, while travelling by sea, etc) "evil" (like the evil eye, evil spirits or people) or anything else. A talisman is used to attract desired qualities or situations, such as fertility, wealth, luck, success (in business, litigation, hunting, fishing, etc), strength, etc. A charm is generally an amulet, though the term is often used indiscriminately to describe both amulets and talismans.

One of the oldest uses of crystals, exemplified by the Ancient Egyptians, is making amulets and talismans from crystals: carnelian was a particular favourite, being known as the "blood of Isis", and seemed to be viewed in the same way as rowan has been as a particularly potent protection from negative witchcraft and sorceries. This protective talisman theme is also seen in ancient myths, such as Prometheus wearing a sapphire ring when he stole the fire from heaven, and Orpheus carrying a piece of agate as a protective talisman when he descended into the underworld,. Protective talismans were considered necessary for any dealings with spirits from the underworld - one Greek manuscript details a heart-shaped amulet of magnetite with the Underworld Goddess Hecate carved on it; reference is made to the amulet being "sweet smelling",

suggesting the use of aromatic oils to anoint the talisman, possibly as part of an offering.

Egyptian amulets were usually small carved crystals of deities (who would protect from a particular ailment or condition) or (afflicted) parts of the body (such as hand, eye, foot, etc). This principle of sympathetic magick can be seen in early Europe through Celtic times right up until recently, with votive offerings (though usually wood, stone or metal) of afflicted body parts being thrown into rivers, lakes and holy wells and springs. Other early cultures contemporary with the Egyptians also used amulets and talismans, so fine examples may be found amongst, e.g., the Sumerians, early Chinese culture, etc, and as time went by, the Greeks and Romans and other cultures continued this useage and maintained the tradition of crystal and mineral amulets and talismans.

Amulets have a long tradition of useage by sea-faring peoples, to provide protection from the fury that could be faced at sea. Many amulets and stones were used for this purpose (especially aquamarine, beryl and coral), and a Greek lapidary from 3-4th century CE details seven amulets to be made for differing forms of protection. The number seven might suggest the amulets were each used for a specific day of the week, though each amulet did provide a specialised form of protection. The amulets were thus:

1. A carbuncle (garnet) and a chalcedony - to protect sailors from drowning.
2. Quartz or corundum - to protect from extreme weather.
3. Aquamarine - to banish fear.
4. Agate - to protect against the evil eye.
5. Coral, placed in strips of sealskin attached to the prow - to protect the ship from winds and waves.
6. Banded agate - to protect from the surging waves of the ocean.
7. Jet - providing major protection for any travelling by river or sea.

The Christian Church decided at an early date to declare its opposition to the use of amulets. At the Council of Laodicea in 355 CE Canon 34 decreed "Priests and clerks must be neither enchanter, mathematicians, nor astrologers, and that they must not make what are called amulets for these are fetters of the soul, and all who wear them shall be cast out of the church". As the centuries passed this canon was used or ignored as was convenient by those in power in the church, as is witnessed by the talismanic use of gems by the rich and powerful, and indeed the use by the church of differing gems to depict rank and station.

As man entered the Middle Ages, more and more crystal usage became

concerned with protection from ailments, particularly the plague. Many stones were thought to protect from plague, the most striking example being the Abraxas Stone. These stones beautifully illustrate the thinking going into the talisman, being engraved on one side with the image of a deity (who is appealed to for assistance/protection) and on the other side with a magickal formula embodying the protective formula - Abracadabra being derived from the Chaldean phrase meaning "to perish like the word", reduces to an "A" and perishes like the word, so likewise by sympathetic magick any contagion or plague symptoms should also perish.

One of the most common themes found in Middle Eastern charms is protection from snake bites and scorpion stings, a fact of daily life in many countries. Thabit Ibn Qurra (836 - 901 CE) recorded details of an interesting charm to rid a dwelling of scorpions. First an image of a scorpion was made out of either copper, tin, lead, silver or gold whilst Scorpio was in the ascendant in the heavens, and the glyph of Scorpio (Z) and appropriate astrological information engraved on the image. The scorpion charm was then buried under the place afflicted by scorpions, whilst reciting "This is the burial of it and its species, that it may not come to that one and to that place." It was considered more effective to make four charms and repeat this ritual, burying them at the four corners of the dwelling. This is a lovely example of sympathetic magick, using the image of the creature to be protected against, and the most propitious astrological times, to ensure success in the desired spell.

Protective charms are still in use in some parts of the world today, particularly the Mediterranean and the Middle East. Red coral charms shaped like a crescent moon, representing the protective hand gesture of index and little finger raised are still given to babies and worn through life as a protection against the "evil eye". Agate eye stones have been used in this manner for many centuries and their use continues still.

In India crystals were most prized in combination in amulets. The two famous amulets are the five gem Pancharatna, comprising amethyst, diamond, emerald, gold and pearl; and the nine gem Navaratna, comprising amethyst, cat's eye, coral, diamond, emerald, pearl, ruby, sapphire and topaz.

Crystals can be found to suit any attribution you may require for a talisman, and are easy to charge and carry indeed simply carrying a crystal and playing with it while you are doing things will help it build up charge and also focus your unconscious mind on the energy of the talisman and help move you accordingly.

Shapes which work particularly well for protection are the sphere and

egg. When casting a magick "circle" you are really casting a sphere, representing the universe, with you as the centre of the sphere (and of course we are all the centre of our own universe, so don't feel this is presumptuous). Having a sphere as your focus can enable you to perceive the balance and uniformity of the sphere and the energies in it, and engender a more protective atmosphere about you. The egg also tends to produce a very protective feeling, corresponding as it also does to the universe (as in many creation myths where the universe is formed from an egg), and to the spirit tatva (tatvas are elemental symbols representing the elements), particularly if the egg is black or purple as the spirit tatva is coloured. Visualising yourself in the centre of the sphere or egg, with the sphere/egg being the centre of the sphere you have created can also produce a "double glazed" effect, increasing the protection around you.

Cut crystals were also used in the past as a badge of rank, though this may well have been due to the crystals being thought to be imbued with magickal properties, as with the lapis lazuli feather of Mayat (representing truth) worn by Egyptian judges set in gold and worn on a heavy gold chain.

Amber is a very good general storer of charge and jet is hard to beat as a protective absorption talisman (though it needs regular cleaning, of course), which may explain the witches' traditional amber and jet necklace. These were also sometimes interspersed with bones, such as snake spine bones. The reasons for this are not clear, but there are a number of possibilities, such as passing on the enduring qualities of bone, drawing on qualities of the snake such as wisdom, regeneration, etc.

As can be seen from all these examples, crystals have a long history of use to attract qualities or to protect from events, so why not spend a bit more time meditating with one of your crystals, and see what comes up?

Extract taken from the book CRYSTALS - Healing & Folklore (Capall Bann, 2002) by David Rankine. Available from Capall Bann Publishing

Crystals

Crystals, like all natural objects, are said to contain certain inherent mystical energy vibrations that can be used for healing, spellcasting, and divination. Many contemporary practitioners of magic (from folk traditions to ceremonial) are drawn to crystals; however, the use of crystals as a tool of the occult arts dates back to ancient (and

probably prehistoric) times.

Stones are used in magical workings for numerous purposes and in a variety of ways. They are most commonly employed for healing, protection against the evil eye, attracting love and good luck, balancing the chakras, and warding off bad luck and hexes. Many magical practitioners also use them for invoking deities, conjuring spirits, summoning and banishing demons, controlling the weather, and divining the future.

Crystals are worn as talismanic rings or pendants, carried in charm bags, placed on altars, and even powdered and added to potions, candles, and incense mixtures. They can also be used to outline magic circles, make healing tonics, and add power to ritual tools. Some people even attach them to the collars of their pets and familiars to keep them safe from harm.

Crystal magic is generally uncomplicated, yet can yield powerful results for those who know the magical properties of precious and semi-precious stones. But before using any crystal as a tool to help manifest your intentions, it is important that it be ritually cleansed (or cleared) and then charged. Cleansing removes negative vibrations from a crystal without affecting its magical properties, while charging programs it with energy.

Cleansing

There are numerous methods for cleansing crystals and stones, but the most popular ones include soaking them in saltwater or sea water for a minimum of 24 hours, holding them (with their termination pointing downward) under cold-running tap water for at least one minute, place them in direct sunlight from mid-morning until mid-afternoon, burying them in the ground for at least seven days, covering them with sea salt from one to seven days, visualizing them surrounded by a white or golden light beaming from your third eye chakra, stroking them with a tape de-magnetizer, soaking them in sage tea, exhaling upon them, smudging them with incense or dried herbs, and petitioning a deity to purify and bless them.

Whatever cleansing method you use is entirely a matter of personal choice, and can be based on magical tradition, spiritual beliefs, or perceptions of energy. If you are unsure which method is best for your crystal, allow your own intuition to be your guide or consult an oracle such as a pendulum.

The amount of time required for cleansing depends on the amount of negative energy that needs to be cleared. A small amount of negativity may take a few minutes to a few hours to clear, while a large amount may require several days to a week or longer.

A crystal that has absorbed a great deal of negativity over a period of time will give off negative vibrations, which can be felt by psychic-sensitive persons as either a subtle or intense negative energy current. Aura readers will sometimes perceive it as a dark mist or halo emanating from the crystal or stone.

If you do healing work with crystals or stones, or have them on display in your home, and find yourself frequently experiencing headaches, depression, feelings of inertia, and/or unexplained physical illnesses, this may be a warning sign that they are giving off negative vibrations and need to be cleansed.

After your crystal has been ritually cleansed, hold it in your receptive hand (the left if you're right-handed, and the right if you are left-handed). If its energy vibrations feel normal to you, this indicates a successful cleansing. (The more you work with crystals, the more familiar you will become with their different energies). But if you perceive the energy as unhealthy, disturbing in any way, or just "not right," then the cleansing process

will need to be repeated until that feeling goes away.

When acquiring a new crystal or stone, always perform a ritual cleansing to remove any past influences from it. Crystals used for healing work should be thoroughly cleansed before each and every use and after being handled by people other than the healer.

Crystals that have been used for negative purposes (such as hexing or the conjuring of evil entities) should never be employed for any type of positive spell work (especially healings) unless they are thoroughly cleansed beforehand.

Charging

Charging a crystal is relatively simple and can be accomplished in the following manner. On the first night of the Full Moon (when lunar energies are at their peak) place the crystal in your power hand (this is the hand with which you normally use to write). As you hold it, visualize your specific need or desire, and will your energy to flow from your hand into the stone. Continue doing this until you feel that the crystal is attuned to your energies and vibrating with your personal power. Repeat the charging process prior to each spell or ritual performed.

Intentions

Animals

Boulder matrix opal (to access one's animal guides), cat's eye (for spellwork relating to cats), cylindrite, faustite, ganophyllite, horn-blende (for communicating with the physical and spiritual animal worlds), stibnite (a totem stone for the wolf), and tiger's eye.

Bravery

Agate (tawny), amethyst, aquamarine, beryl, bloodstone, carnelian, diamond, garnet, lapis, lazuli, sard, sardonyx, tiger's-eye, tourmaline (red), and turquoise.

Divination

Azurite, emerald, flint, hematite, jet, lamprophyllite, mica, moonstone, mosandrite, obsidian, opal, palermoite (stimulates the ability for palmistry), sapphire, and tiger's-eye.

Dreams

Amethyst, augelite, azurite, beta quartz, Chinese writing rock, dickite, garnet, jade, jasper (red), kyanite, lapis lazuli, manganosite, moonstone, opal, peridot, quartz crystal, rhonite, ruby, sapphire (green), and tourmaline (blue).

Fairy Magic

Cross Stone (a form of andalusite), flint (also known as elf-arrow, elf-shot, and fairy-shot, and one used by the Irish to ward off mischievous fairy-folk), holey stones (to see fairies), and staurolite (also known as fairy-cross, fairy-stone, and fairy-tears).

Good Luck

Alexandrite, amber, Apache tear, aventurine, chalcedony, chrysoprase, cross stone, jade, jet, kepidolite, moonstone, olivine, opal (black), pearl, ruby, sardonyx, tiger's-eye, topaz, and turquoise.

Grounding

Calcite (pink), hermatite, jasper (brown), kunzite, moonstone, obsidian, petalite, smoky quartz, tourmaline (black), zircon (brown, also known as malacon).

Love Magic

Agate, alexandrite, amber, amethyst, beryl, calcite, chrysocolla, emerald, jade, lapis, lazuli, lepidolite, lodestone, magnetite, malachite, moonstone, olivine, pearl, rhodocrosite, rose quartz, sapphire, sard, topaz, tourmaline (pink), and turquoise.

Magical Power (to increase)

Amber, bloodstone, calcite, magnetite, malachite, opal, quartz crystal, and ruby.

Magical Self-Defense

Bloodstone, garnet, jade, jasper (red), lava rock, onyx, pipestone, rhodocrosite, rhodonite, ruby, sardonyx, sapphire, and tourmaline (red).

Money, Prosperity, Wealth

Aventurine, bloodstone, calcite, cat's eye, chrysoprase, emerald, jade, mother-of-pearl, olivine, opal, pearl, peridot, ruby, sapphire, spinel, staurolite, tiger's-eye, topaz, tourmaline (green), zircon.

Nightmares (to prevent)

Chalcedony, citrine, coral, garnet, jet, kepidolite, and ruby.

Protection

Agate, amber, Apache tear, beryl, calcite, carnelian, cat's eye (especially against the evil eye), chalcedony, chrysoprase, citrine, coral, diamond, emerald, garnet, jade, jasper, jet, lapia lazuli, lepidolite, magnetite, malachite, marble, mica, moonstone, mother-of-pearl, obsidian, olivine, onyx (against the evil eye), pearl, peridot, pumice, quartz crystal, ruby, sapphire (against the evil eye), sard, sardonyx, serpentine, sunstone, tiger's-eye, tourmaline (black), tourmaline (red), turquoise, zircon (clear), and zircon (red).

Psychic Powers (to awaken or strengthen)

Agate (rose-eye), amethyst, apatite, aquamarine, azurite, beryl, bloodstone, cherry opal, citrine, emerald, jet, lapis lazuli, lavender quartz, lepidolite, mica, moonstone, obsidian (purple), opal, petalite, quartz crystal, sapphire, smithsonite, and sugilite.

Strength (physical)

Agate, amber, beryl, bloodstone, diamond, garnet, jasper (red), onyx, pipestone, ruby, sard, sardonyx, and tourmaline (red).

Wisdom

Agate, aventurine, chrysocolla, coral, jade, jasper (mottled), mica, pumice, sapphire, sodalite, and sugilite.

Crystal Tune-up: Charging Your Stones

Charging your crystals is in some ways the opposite of clearing them. When you clear a crystal you are removing any unwanted vibrations.

For example, when you first get a crystal you may want to clear it of any energy it picked up on its way to you. If you've been doing a lot of emotional healing and releasing with your crystals you'll also want to clear them because crystals may absorb the energy you've released.

Crystals should be periodically cleared even if you haven't been using them for meditation or healing work, if only because they do get dusty. (This is sometimes called cleaning).

See the article on clearing crystals at for more information on this.

When you charge crystals you're basically giving them the chance to refresh their ability to focus and expand their energy. There are several reasons to do this.

1. Sometimes after you've cleared a crystal its energy may seem a little dull or flat.
2. A crystal which hasn't been worked with for a while may also feel this way.
3. If you notice that a crystal has become cloudy you may want to both clear and activate it.
4. If you want to program a crystal for a special purpose, before you program it you may want to activate its energy for that purpose.

Charging Methods

1. Place crystals in the reflected light of Austrian crystals, i.e., where the rainbows from such crystals fall. (Note: Austrian crystals are leaded glass, hence human-made crystals). The crystals can remain in place for as long as the Austrian crystals are reflecting sunlight.

2. Place crystals on a quartz cluster. Quartz amplifies the energy of any crystal with which it is in contact.

3. Crystals can also be activated with sound.

* Put a crystal near a single-note chime and strike the chime gently several times. This has a harmonizing effect on the crystal.

* If you like to chant and make it a regular practice do so in the presence of your crystals, especially if you want to use them as part of your meditational practice.

4. Your thoughts can have an activating or de-activating effect on crystals. If your thoughts have been gloomy and you've also been noticing that your crystals have gotten cloudy or dull, you'll realize that they've been absorbing your negativity. In this case do not delay in clearing them thoroughly.

To activate crystals with your thoughts you could hold them in your hands and visualize them bathed in light and love. You can also tell them (either silently or aloud) how much you appreciate them. They may not understand the words (and, then again, they may), but your intention will be clearly transmitted.

Reiki Charging

If you are a Reiki I practitioner you can charge your crystals with Reiki energy by holding them in your hands and activating this energy within you in whatever ways your Reiki Master may have taught you how to do this. One method is to say "Reiki on." Another is to give yourself or someone else a Reiki treatment before charging your crystals.

If you are a Reiki II practitioner you can draw the symbols over your crystals.

* For simple charging you can draw the energy symbol over a crystal.

* When I want to use a crystal to help clear up some mental and/or emotional confusion I hold it in one hand and draw the mental/emotional balance symbol over it.

* When I plan to program a crystal for a goal I draw the distant healing symbol over it, and sometimes the others afterwards.

* I have experienced that the master attunement symbol on the other symbols to that of a quartz crystal on other crystals. Thus, you can activate the symbols (and your crystals) with this symbol if you're a Reiki Master.

Special-Purpose Activation

You may want to charge the land you live on with crystalline energy by burying crystals in the earth. (Be sure you note or write down where you buried them. A map would be a good idea.)

Some people like to program crystals, then bury them in their gardens to help in an abundant crop. If you'd like to charge your crystals in preparation for this you can bury them in dried flowers. (If you are using potpourri make sure that it isn't artificially scented.)

At any time of year (providing the ground isn't frozen) you can bury one near a tree. This could either be a tree which is your favorite, or one associated with a particular positive value.

Oaks symbolize strength, junipers purification, and pine trees in a number of cultures are associated with healing.

You can also get particular results when you place a crystal in sunlight. This is one of the most powerful ways to charge your crystal with active energy, i.e., energy which will help you to manifest what you want.

This is useful if you want to create an increase in some area of your life, such as increased vitality, income, love. Put the crystal out in the sun, then program it for your intention.

There are particular times in the solar cycle which have special energies. The fall equinox is associated with harvest, and you might want to charge a crystal at this time for the fulfillment of your dreams. The spring equinox relates to growth.

In general, moonlight has two phases, waxing and waning, and two other times of significance: the full moon and the dark of the moon. The energy of the waxing moon relates to new beginnings. The full moon corresponds to abundance in all areas of life. The waning moon connects to decrease (decrease of an illness, of debt, of negativity); while a crystal charged in the dark of the moon would be helpful for meditation or any other kind of inner work.

Crystals and Pyramids

Pyramids generate negative ions. In addition, they are believed to have a generally balancing effect on the electromagnetic field of the body. This effect is enhanced by the particular materials used, such as pure 24K gold and copper.

Pyramids are often used to charge crystals. This is a popular use for pyramids. It is generally believed that quartz crystals are most effective for this use, as they may hold the charge for several weeks. These crystals can then be used for healing purposes or for programming.

Pyramid charging, however, is good for any crystal which seems to need it.

<http://www.rainbowcrystal.com/crystal/charge.html>

Crystal reflexology

First select a quartz crystal which has a very good polished/smooth single-terminated point. Then ask your patient/friend to remove either their socks or their tights. Crystal reflexology treatments may either be done with the patient lying on a massage couch or sitting in a comfortable chair. When using the latter method you yourself need to sit on a stool so that you can place your patient's feet upon your lap. Reflexology, as you probably already know, is basically a foot massage. Or, at least, that is the way that it is normally described! The principles of reflexology, of course, is that the feet consist of numerous reflex points; all of which relate to specific parts of the physical body. An ordinary qualified reflexologist will use his/her hands to press into every one of these reflex points and when a health problem is diagnosed the patient will often feel a sharp pain and the therapist will detect a small pea-like lump just under the surface of the skin. In crystal reflexology, however, we do not need to be quite as precise. First, naturally, we must programme our healing quartz crystal to re-balance any imbalances which might be discovered in the patient's body as the treatment proceeds. Using the single-terminated end of the quartz crystal the crystal healer very gently - and without pressing too deep into the skin - starts to rotate the crystal in a clockwise direction just lightly pushing into the skin. Starting with the soles of the left foot, the crystal is moved slowly around to the sides, lightly touching the skin all the time, and then on to the upper part of the foot. All movements should be both slow and deliberate. Make sure that you cover all the surface of the foot. Then on to the right foot..... Whenever the crystal healer obtains a reaction from the patient he or she will spend a few moments directing crystalline healing energy into the appropriate reflex point. As the crystal reflexology treatment ends the therapist takes the quartz crystal and lightly runs it over the entire surface of the foot; on the soles and on the upper part of both feet. As a rough time-guide I would suggest that you spend around thirty minutes per foot but naturally this is completely flexible depending upon what you find and upon the needs of your patient!

CRYSTAL PROPERTIES

Quartz forms in all shapes and sizes but yet has several qualities in common. Based on its crystalline structure, quartz is usually six sided. Sand is mostly composed of quartz, and even dust in the air is composed of quartz.

Quartz crystals terminate to some type of point, with one to several facets.

Below is a list of different types of quartz crystals along with common beliefs, properties and/or the energies they convey.

ABUNDANCE CRYSTAL: This is a crystal with smaller crystals attached to the base or

side. Bringer of Abundance, Prosperity, Good Health. Excellent for fighting depression and recharging energy levels.

BARNACLE or SEED CRYSTAL: Fully covered or partially covered with smaller crystals. Stimulates family or group cooperation. Assists in new projects. Companion when having lost a loved one,

BLACK PHANTOM CRYSTALS: Black Phantom crystals contains the mineral anthraxolite. Provides the energy of the quartz, coupled with then property of grounding.

BRIDGE CRYSTALS: Recognized by a small crystal which penetrates and is partially in, partially out, of a larger crystal. Bridges the inner/outer worlds, between the self/others residing on this planet, and self/other worlds. Beneficial when one is working with the aspects of spirituality, and with advanced metaphysical areas, and attempting to share this knowledge with others. Heal childhood issues blocking growth. Beneficial to public speakers lecturing on new ideas and avantgarde concepts. Useful for teacher & student communication and understanding.

CHANNELING CRYSTAL: Has a large seven-sided face with a triangular face on the back. Used for obtaining information from deep within yourself or from sources that are outside of your normal realm. The number seven is a numerological number symbolic of the student, the mystic, and the seeker of deeper truths and spiritual wisdom. It is said that each side of the seven crystal sides of the main face represents the seven qualities that the human consciousness must attain in order to access and channel the wisdom of the inner soul.

CHLORITE PHANTOM CRYSTALS: Chlorite is embeded into the crystals. They combine the energy of the quartz crystal with one of the most powerful healing minerals. Used to stimulate the state of inspiration and to further actualization.

CRYSTAL CLUSTER: Formations of single terminated crystals that share a common base. They represent the evolved community, all units join together to reap the benefits of living, learning and sharing in an advanced society. Can be placed in areas to create a stronger healing vibration or to cleanse the atmosphere of your environment. Used to purify and recharge healing stones, crystals, or jewelry, by placing them on the clusters. Used directly over the chakra centers to dissolve any negative or unwanted influences.

CRATER or KEY CRYSTAL: These crystals have a 3 or 6-sided recessed shape somewhere on face of the crystal. Used to "unlock the doors" to healing or psychic awareness. Helps you to access missing information.

DOLPHIN CRYSTAL: A large crystal with a smaller one attached to the side. Protects the defenseless, sensitive, insecure or vulnerable. Assists in working with all traumas, including abuse. Aids us in learning to receive abundance and to nurture ourselves as well as others.

DOUBLE TERMINATED CRYSTAL: When the six faces of quartz join together to form a point, a terminated crystal is born. When both ends of a crystal join in

this fashion, Double Terminated Crystals are created. Are multi-functional; energy moves outward in either direction or in both directions concurrently drawing or transmitting energy through both ends. Excellent for astral projection and for dreaming: place under your pillow. They are also excellent for meditation. Provides protection from mental and physical harm. Symbolize patience and perseverance which is important during healing situations. Clears and opens Chakra centers.

DOW or TRANS-CHANNELING CRYSTAL: Has three, primary, seven-sided faces and three secondary triangular faces between them. A combination crystal that incorporates the properties of both a Channeler and a Transmitter crystal in one. Facilitates intuitive awareness and connection with "All That Is". Considered one of the "Twelve Master Crystals" and is a powerful teaching and healing crystal.

DRUSY (Pronounced "Drew-zee"): Drusy appears as a "crystal dusting" on clusters and points: actually just tiny tiny crystals that have formed in these areas. Use in areas of teaching the young about their environment, not necessarily academic topics.

ELESTIAL CRYSTAL: Has natural terminations over the body and faces, resembling the human brain, and has a smoky color. Used to repair damaged brain areas to bring back new life. Brought to surface at this time, to assist in the mass cleansing, healing, and reawakening. Comforts those who are in the dying process, assisting to release fears of leaving the physical body.

EMPATHIC CRYSTAL: Crystals that have been damaged or chipped. Promotes understanding, compassion, kindness and empathy.

EXTRA-TERRESTRIAL CRYSTAL: Has a single termination at one end and multiple terminations at the other end. Will help channel space beings, celestial beings and guardian angels.

FADEN LINE CRYSTAL: Has clearly visible within their interior structure a milky feather line. Forms in tabby shaped crystals or a normal single point crystal. Use to activate or start new growth within one's self or within someone you are working with, utilizing healing energy.

FAIRY FROST CRYSTAL: Clear with fractures and inclusions within. Facilitates communication with the spirits in nature. Open hearts to the beauty and magic of nature.

GENERATOR or MERLIN CRYSTAL: Has six crystal faces joining together to form the terminated apex. The rarest type point. Have the ability to store, amplify and transmit/generate energy. Used to facilitate create unity between the members of a group and transmit thoughts similar to a high power radio transmitter with antenna. Probably the rarest type point. Useful for energy magnification and for stimulating physical, intellectual, emotional, spiritual, and subtle bodies. Use for cleansing the chakras. Used in the healing configuration called the "Star of David", to generate the abundance of energy available. It is said when a small generator crystal is used as a pendulum,

excellent results are received. Use to rectify localized energy disturbances, replacing any disorganized energy with a stable, authoritative energy which discourages further disorder.

GROUNDING CRYSTAL: An eight sided crystal face, and are quite rare. Will help you deal with practical matters in a realistic way, by helping you think and express yourself clearly when dealing with issues of every day life.

GROWTH CRYSTAL: These crystals have various cuts on the body that appear to have been done with a trim saw. Will help remove self-limitations and energy blockages so that you can be completely in charge of your life.

ISIS CRYSTAL: A five-sided face crystal. Will put women and men in touch with their female side. Puts you in touch with the power of the Goddess.
For men: this crystal will help you become more in tune with your feminine side and to become more aware of the aspects of women that you may find troubling.
For women: this crystal will help you regain some of the power and energy that society has taken from you. Good for healing issues with children or pregnancy or nursing.

JAPANESE LAW TWIN CRYSTAL: These crystals have a twin points at a 90 degree angle and are very, very rare. Useful for those who are interested in or working in the engineering or math fields, for correct and precise measurements/calculations.

KEY CRYSTAL: Recognized by a three or six-sided indentation somewhere on the crystal. Used to unlock the doors to healing. Helps answer difficult questions, solve problems, and access hidden information.

CRYSTAL PROPERTIES

AGATE

CRYSTAL AGATE

The Agate strengthens victories of all kinds. Gives courage, strength aids in awakening the inner self for receptiveness. Protects and wards off the evil eye, keeps away bad dreams, cures insomnia. A triangular one is good for intestinal problems and makes the wearer agreeable.

RED AGATE

Protects from insects and bites, gives courage to speak out and a sense of humour. Keeps away bad vibrations. Improves the blood flow, circulation and

sores on the skin. Sign is Aries and Planet is Mars.

GREEN AGATE

Beneficial for diseases of the eyes. For a woman, soak in water and then drink. This protects from sterility. God is Demeter. Planet is Venus

BANDED AGATE

Good for strains, stress and unsavoury friends. Helps attract strength. God is Eros. Planet is Saturn

GREY AGATE

Used by the Egyptians to cure stiffness in the neck and colic. God is Pluto. Planet is Moon

MOSS AGATE

Strengthen friendships. Gives strength, vigor and success. Strengthens eyesight and helps in completion of pregnancy. Keeps away poisonous reptiles. Prevents fever, epilepsy and madness. Brings riches and long life. God is Artemis. Planet is Venus

BROWN AGATE

Gives lover favour in sight of lady. Helps with happiness, health and long life. Keeps away reptiles, good against the Evil eye. God is Minerva. Planet is Uranus

LACE AGATE Protects from all above.

BLUE AGATE Brings tranquility and happiness

SPECKLED AGATE . Protects Travellers

TREE AGATE Relieves tension and fever.

AMBER

GOD is Apollo. PLANET is Sun

Gives compassion and understanding, Strengthens fertility and pregnancy. Good for toothache, rheumatic fever, pain, goiter, deafness indigestion and infection. Stops bleeding. If worn around the neck, gives a low body temperature. If soaked in water and drunk, it then helps cure stomach, kidneys, liver and large intestine. If you ground it and mix with honey and oil of roses, it is good for deafness and the eyes. if the Amber is shaped in the phallus it is good against the evil eye and evil spirits. In the East

amber amulets were worn in the shapes of lions, dogs, frogs and fish in order to increase fertility. A Roman author said that amber was Lynxx Urine. The Greeks said that amber was the juice or essence of the brilliant rays of the setting sun congealed in the sea.

In Classical myths, it was said to originate from the tears of nymphs over the death of Phaeton (the child of Phoebus who drove the sun chariot out of control).

AMYTHEYST

A Greek word for without Drunkenness. Strengthens pschic power and astral projection, meditation. Helps make you strewd in business, helps ease passage to the underworld. Keeps away treachery and disception. Protects from disease enemies and evil thoughts. Calms the body, if kept under your pillow you will have healing dreams. Hepls cure circulation and imsomnia. The amytheyst cannot carry a curse. It improves the memory, If you draw a picture of the moon or a crescent moon, and wrap the amytheyst in it, and tie to X{ peacock, the feathers that drop off protect from sorcery.

BLOODSTONE

Strengthens balance, wisdom, courage, energy circulation. Brings wealth and long life. Protects from deception, breaks up energy blocks. If rubbed up the spine it stimulates the chakra. Stops bleeding. Said to grant favours in the eyes of superiors.

Helios. Ares Mars Sun

CORAL

Good for devotion and wisdom. Protection from the evil eye and negati;{e feelings. If powdered and burned can be used on boils. Good for fits, whooping cough, spleen problems, sore eyes and madness.

Coral Neptune Red Coral Venus Isis Black Coral Posiedon

JADE

Jade wards off infantile disease if placed around the neck and not removed. It is placed in the mouth of a corpse to protect the soul. Necromancers used it to raise the soul. Jade bracelets are worn to promote a long life and as a charm to prevent eye infection. It is considered to be the concentrated essence of love. It makes a good healing talisman for the kidneys, urinary and digestive problems.

To Ritualists, it embodies the five cardinal virtues of the pentacle.

- Spirit Justice - Earth Charity - Water Courage - Fire Modesty - Air Wisdom
-

It also makes a good gambling talisman, especially for racing.

JET

These are one persons stones!

They ward off evil, especially magikal evil and lift fear and depression. They are a link between the physical and the spiritual and are used to balance the emotions. They protect from possession.

They were once used to repel plague, fever and negativity.

They tend to filter out germs and aid, headaches, toothache, stomach diseases, goiter, dropsy, hysteria and hallucinations caused by fever. They are used in womans complaints. Jet helps during labour and, when powdered and mixed with bees wax, are applied to tumours.

They offer protection from thunderstorms...

LAPIS - LAZULI

Not to be confused the Ruby in Celtic Mythology or with the Sapphire.

In Egypt, this is the stone for Royalty only. It gave wisdom and psychic experiences and guided the soul into the afterlife. It is thought to represent truth. It strengthens the mind and body through spiritual awareness. It is the stone of truth and also the stone of mystery.

It will aid in meditation and psychic development, it lifts depression and melancholy and brings success in love.

The colour is inherently soothing.

It has been used for skin diseases and circulatory problems and against recurrent fevers.

MOONSTONE

A stone of good fortune and a gift between lovers to insure enduring love as opposed to passionate but short term love.

It is not a stone for everyone as it will indicate mood and personality by changing colour and transparency to reflect the feelings of the wearer. It also changes to suit the phase of the moon ,i.e. waxing grows brighter, full full colour, waning grows darker.

They aid in the accuracy of scrying and divination especially if held by the client.

It reunites lovers and loved ones who have parted in anger, protects those who travel on water, and clears the mind of confusion and aids in clear, concise decision making.

OPALS

This stone carries immense quantities of energy, both positive and negative and is thus the stone of fortune and misfortune. It is also called the stone

of the Gods since it carries all colours. It represents all four elements. It attracts to the wearer whatever is written on its self. It opens the visionary aspects of the mind and encourages and aids visions and psychic journeying. It also strengthens memory and revives and clears the mind. It is also used in prophecy and divination by placing over the third eye.

It offers protection from eye diseases (often by being wrapped in a bay leaf and being placed on the eyelid) It is used to grant wishes and to add to magickal workings. Placed in the left hand it gives affirmation of purpose, in the right hand it will strengthen the work its self. Placed on the forehead, it gives direction to thoughts and gives direct linkage to

Mercury.

It provided strong aid when offering help and guidance for others but may be quite negative when used selfishly for ones self. Opals are absorbitive, they pick up energy of every type around them. They do not water. When surrounded by positiveness and security, they are quite clean and they are quite clear and bright but when negativity comes along they become cloudy. They guard a persons honour. They were once considered to be the patron stone of thieves. Also they keep the hair from going grey and are useful against boils.

GEMS

Why has man been intrigued with shiny stones and gems, and why is it we want to wear them at certain times of our lifes?

When you are buying a gem or stone for yourself, you may look at many until you find the one that feels right for you...What makes you pick a particular one??

CRYSTALS

Crystals are formed along energy lines found within the natural forces of the earth itself. Even beyond the earth within the natural forces of the cosmos itself. The stars you see about the earth at night and the other planets also radiates lines of force. These lines litarally transverse the earth itself and generates energy alon the meridian of these lines...It is along these lines that crystals are formed in the natural state. So in essence they are the energy of the cosmos itself.

Nature acts as a storehouse of energy. We have to learn to tap this storehouse, if man were to know of the natural abilities of crystals. There would not be any problems of energy shortages. Crystals are energy in theirselves, in many different forms.

Crystals help with clairvoyence, generate energy, keep away nightmares. If powdered it is good for swelling, heart disease, eye disease, fever, intestinal problems. In Scotland it is the stone of victory..

Apollo Sun Moon

DIAMOND

Brings fierceness, strength and fortitude. Strengthens friendships and

protects from evil, disease and plagues. If set in gold it drives away night monsters...When stolen attracts negative vibrations. Diamonds require cleaning often.

six sided luckiest
square brings balance and harmony
triangular disharmony and friction

EMERALDS

Strengthens love and intellect, will and memory. Keeps away epilepsy, rapists, environmental disasters. If worn will ease pain of child birth. Keeps away emotional unhappiness.

Venus

GARNET

Firstly as it is the color of menstrual blood it is a stone of fertility. As a gift it is a symbol of happiness and loyalty. It is thought to be a antidote to plague and fever. Women were known to wear it around their waist to help with the menstrual cycle. If it obtained unlawfully it will bear a curse upon its wearer until it is returned to its lawful owner.

Goddess: Persephone

CREEDITE Channeling Stone

Occurs in the parts of copper veins that have been altered - often by secondary enrichment, due to fluids seeping through the vein. Associated with chalcocite, bornite and chalcopyrite.

Mor's scale is a 1.5 - 2

It helps to align the throat and crown chakras and provides for clarity in _expression of the spiritual realm. It enhances spirituality and is a tool to be used in channeling meditation to provide clarity in the verbalization of the message which is transmitted.....helps provide a driving force..

Small crystals that are usually found embedded in a white matrix form this mineral.

Occasionally it is found in a violet form, which gives power to the third eye area, this is good for spirituality. It helps us to be connected to the spiritual opening.

Creedite crystallises in the form of colourless to white (and occasionally purple) needle-like or prismatic crystals. It is used to align the throat and crown chakras and provides clarity in _expression in the spiritual realm. It is a useful tool to channel meditation.

It can assist us by providing the driving force toward an objective, promoting insight into obstructions and initiating the wisdom to circumvent or the ability to penetrate the obstacle.

This mineral can be used to heal broken bones and torn muscles.

Helps one discover how to best express oneself, and how to intuitively understand people.

healing power:

This mineral can be used to heal broken bones and torn muscles. It can help us absorb the vitamins A E and B and can help cleanse the liver and regulate the heartbeat.

Benefits the nervous system by aiding in the transmission of nerve impulses.

Create Positive Relationships

Crystals can help to create positive relationships. They draw in qualities that might be lacking, they will transmute negative factors, and above all they will nourish love.

Crystals will help in working

through conflict and to transform a dysfunctional relationship into a healthy and happy one. For the best effect, please wear the particular stone over your heart and/or place it by your bed at night.

Turquoise

This stone ranges in colors from sky-blue to green. When Turquoise is offered as a pledge of friendship, the spirit that dwells in the stone will transfer its assistance to the recipient.

In relationships, the greatest contribution Turquoise can give, is to help tune in to, and understand, other people.

Green Tourmaline

Tourmaline forms in long, vertically striated structures, and the Green Tourmaline translates your feelings into action. Green Tourmaline also helps you recognize a problem, get to the bottom of it, and then deal with it constructively.

Green Jade

This beautiful stone is said to improve dysfunctional relationships, by being compassionate and empathetic to sensitive issues and problems.

Opal

Opals are beautiful and iridescent and they foster love, passion, loyalty, and faithfulness. It is often used for engagement rings for these reasons. It is an emotionally responsive stone that will bring stability to a relationship.

Ruby

This mineral is a vivid red, transparent corundum. The Ruby brings forth romance and marriage, integrity, devotion, and passion. The positive energy helps in all matters of love and is said to increase virility.

Sugilite -Also known as Luvulite

Being a deep purple and lightly banded, Sugilite is also known as Luvulite because of its affinity with love. This stone represents the perfection of spiritual love and has the capacity to bring forth forgiveness.

In relationships, Sugilite can protect the inner self from the shocks and disappointments of the world. Sugilite has the power to eliminate hostility and jealousy.

Geodes

The womblike shape of a crystal Geode, such as the Amethyst, brings compatible friendship and harmony into a community.

Topaz

Topaz, in its blue and yellow colors teaches you how to love. It teaches you to be open and receptive to other's hearts and how they love. It teaches you how to be acceptive of other's love towards you. It takes expectations and limitations away.

Rhodochrosite

This pretty pink and white stone is said to aid emotional expression, so you can speak your feelings and not be shy or intimidated in matters of the heart.

Watermelon Tourmaline

This stone is pale pink surrounded by green. Watermelon Tourmaline shows how opposites work together to bring about balance. Green Tourmaline is a problem solver, while Pink Tourmaline brings more love into a situation. This stone is also helpful in resolving conflicts.

Jasper

Jasper is an opaque chalcedony and may be patterned, striped, banded or branded. Due to Jasper enhancing energy, it can prolong sexual pleasure. The Red Jasper has the useful attribute of bringing problems to light before they become a threat to happiness.

Diamond

The Diamond is composed of pure carbon and is the product of thousands of years of intense heat. Diamonds are one of the most prized, of what is known as precious gemstones. Traditionally used for engagement rings, a Diamond bonds a relationship and enhances the love of a partnership.

Sardonyx

If what you are seeking is lasting happiness that you seek, Sardonyx is the answer for you. This beautifully banded Onyx brings joy and commitment to marriage and live-in relationships.

Rose Quartz

Known as the Stone of Unconditional Love, Rose Quartz is a translucent, soft pink specimen of quartz. It dissolves blockages in regards to love.

For those who have not been able to love themselves, this sympathetic stone brings

forgiveness and self-acceptance. When you love yourself, then the way opens for attracting a soulmate.

Rose Quartz will quickly draw love into your life, got its affect is powerful, and you could actually find yourself overwhelmed with suitors. An Amethyst crystal placed alongside the Rose Quartz, is said to moderate the attraction.

Kunzite, similar in the property of that of Green Tourmaline, translates your feelings into action. This stone will give you the courage to pursue those you would like for friends or lovers. It gives you the self-confidence for pursuit as well as selling yourself as the perfect mate.

from Sandra Davis and the Psychic Stone Sensations

Stone: Coral

Color: Varied

Associated Element: Water/Akasha

Energy: Receptive

Magickal Powers/Uses: Coral, like amber, jet, pearl and other substances used in magick, is organic. It comes from neither plants nor stones, but is the skeletal remains of marine creatures. It is up to each individual whether he or she feels comfortable using substances like coral, since, unless the coral is found washed up on the beach, a creature's life must be sacrificed for it to be harvested. There are many substitutions for coral which do not require the destruction of a life to be effective. Each person must decide whether the use of coral is appropriate for him or her. Coral comes in many colors, but is most commonly red. Red coral is associated with the blood and menstruation and is helpful in treating or preventing diseases in these areas. Coral promotes intuition, imagination, creativity, inner peace, love and wisdom. It has been used for thousands of years in protection magic for children. Ancient lore states that if a piece of coral which is used in magick breaks, its power is destroyed and it must be returned to the sea. It is sacred to the peoples of the Pacific Islands, the Mediterranean, the Norse, and Hindus

Stone: Copper

Color: Reddish-gold

Associated Element: Water

Energy: Receptive

Magickal Powers/Uses: Copper is a red-gold metal well-known for its ability to conduct energy, warmth, and electricity. A widely utilized substance in industrial settings, wiring, electrical components, pipes, and coins are often made of copper. The shaft of a wand can be constructed of copper, as it is well-suited for directing energy flow. It is cleansing, purifying, and assists in healing nearly any type of illness or disease. A talisman of overall good health and good luck, copper also attracts love and money. It is found in Australia, Russia, Germany, and the United States.

Cleansing your Crystals or Gemstones

Before you start to use your crystals you should cleanse them.

They have picked up other peoples energy in their travels, from the supplier, (and me), and the post office, etc. You want them to hold only your own energy. Therefore, here are several ways to remove any negative energy or vibrations from others who may have handled them. After you have cleansed your stones, don't let other people handle them, unless you are willing to cleanse them again right away.

This is not a one time activity. Since crystals hold your energies, and help in removing or changing energy, achieving balance, etc, you want to cleanse them routinely. You don't want the stored negative energy they removed from you to remain in the crystals.

Let me say this first. I don't do anything to my crystals that I would not like you to do to me. If you think that crystals are just lumps of minerals, and what you do to them doesn't matter, you are probably in the wrong place, lol.

Would you want to lie in the nice warm sun for a while? Of course you would. Would you like to lay in the full sunlight at the height of the day for 9 hours, or 2 days straight? Would you like to be buried in salt? How about a nice salted warm water bath to sooth your muscles? Sounds better, right?

Do you love the smell of burning incense? Do you just love passing thru the scent on you way to do other tings? I do. I have incense burning several times a day.

Do you like the woody smell of Hickory smoke? Would you want to sit in a nice cool running stream? Yes. Would you like to stay there for 3 days? Would you like to be left alone, buried in dirt for days on end? Or would you prefer a nice, cleansing mud bath, and then rinsed with cool fresh water?

Use these guidelines, and you will do just fine in cleaning your crystals.

The first two are my personal preferences.

Smudging: Hold your gemstone or crystal over the smoke of incense for a few minutes to smudge the gem or crystal and clear the energy inside. Some people will only use White Sage

Smudge, but I feel several are very good for cleaning, including, Sandalwood, Cedar wood, and Sage and Sweet grass. We use Hand-crafted incense, usually with sage from a pagan shop near us. It is particularly smoky, which is why we like it for cleansing. This method is very quick, especially if you burn a lot of candles and incense as part of your daily routine, as we do. I light incense on our little hall "alter" every night to cleanse and scent the air before bedtime. Its a lovely routine, if you have not tried it. While I am there, I can run several crystals thru the smoke, as it only takes about 20 or 30 seconds of smoke to cleanse. On a side note, I keep all our incense and candles in a little hallway book shelf, and you can smell all the different fragrances upon entering our house. Who needs spray?

Soaking: Soak your gemstone or crystal in sea salt dissolved in warm purified or spring water. Don't use a metal bowl. I leave mine in about 3 or 4 hours, and I do not do them all at once. (I would miss them too much). Rinse them in cool water when you are finished to remove any salt. Do not re-use this salt water. Those negative energies you wanted to rid from your crystals are now in the water. Don't soak porous stones, like opal, lapis, coral. It will harm the stone. For those stones I would use a Sage smudge.

Running water: Place your stones in a mesh bag, and immerse in a outdoors stream or river for a few hours. This both cleanses AND re-energizes your stones.

Sunlight: Place your gemstone or crystal in warm sunlight for 4 hours.

Moonlight: Place your gemstone or crystal in direct moonlight overnight. A nice size bedroom window sill is perfect. Don't choose one that gets the morning sun.

Burying: Wrap your gem or crystal in clean cloth and bury it in moist ground in a special place. I have a small garden right by my front door, and that is great for me, as I like it close to me. I think the crystals like this method, its a lot like going back into the "womb" where they were born. Leave up to 24 hours.

Place the crystal you want cleansed on a larger crystal cluster for several hours. They like to visit with their friends.

In each case, after cleansing, just rinse the gemstones in running water for a few minutes, and you are all set. Only you can judge how often you need to cleanse your crystals, upon how

often you use them, and what type of use. If you use them for healing, cleanse them before and after. If you use them for balance and guidance, you can do it once a week, or once a month.

Signs and Gemstones

Aries

Aries has an assertive nature, a drive towards individuality, and the conscious aim of establishing energetic leadership.

Gemstones: Bloodstone, Garnet, Ruby, Diamond, Sapphire.

Taurus

Taurus has a conservative, rather fixed nature, a drive towards possessiveness, and a conscious aim involved with the realization of material security.

Gemstones: Emerald, Jade, Lapis Lazuli, Tourmaline.

Gemini

Gemini has a quick, changeable nature, a drive towards a versatile development of self-awareness, and a conscious aim involved with establishing intellectual communication with others.

Gemstones: Agate, Adventurine, Pearl, Alexandrite.

Cancer

Cancer has a retiring, moody nature, a drive towards establishing romantic attachments, and a conscious aim involved with the sensitive unfolding of a rich emotional life.

Gemstones: Beryl, Moonstone, Sapphire, Ruby.

Leo

Leo has an exuberant and proud nature, a drive towards vivifying experiences or creativity, and a conscious aim involved with dignified self-expression.

Gemstones: Amber Carnelion, Diamond, Topaz, Peridot.

Virgo

Virgo has a conscientious practical nature, a drive towards thoroughness in service, and a conscious aim involved with establishing just principles of

order.

Gemstones: Agate, Adventurine, Sapphire, Tanzanite.

Libra

Libra has a gentle, discriminative nature, a drive towards the enjoyment of harmony, and a conscious aim involved with establishing stability and beauty in the environment.

Gemstones: Chrysoprase, Lapis Lazuli, Turquoise, Opal, Pink Tourmaline.

Scorpio

Scorpio has an intense, strong-willed nature, a drive towards regeneration, and a conscious aim involved with the exercise of power - usually over others.

Gemstones: Kunzite Spinel, Tourmalated Quartz, Topaz, Yellow Sapphire, Citrine

Sagittarius

Sagittarius has a dignified, restless nature, a drive towards the exploration of ideas, and a conscious aim involved with the attainment of wisdom through experience.

Gemstones: Amethyst, Sugilite, Zircon.

Capricorn

Capricorn has a cautious though ambitious nature, a drive towards the practical expression of duty, and a conscious aim involved with being useful and dependable.

Gemstones: Onyx, Apache Tear, Hematite, Garnet

Aquarius

Aquarius has an unconventional, humanitarian nature, a drive towards a detached, if original, pursuit of truth, and a conscious aim involved with the expression of useful knowledge.

Gemstones: Aquamarine, Fossils, Jet, Amethyst.

Pisces

Pisces has an imaginative, highly emotional nature, a drive towards

the
sympathetic understanding of others, and a conscious aim involved
with the
search for emotional balance.
Gemstones: Amethyst, Sugilite, Aquamarine.

MAGICKAL GEMSTONES AND THEIR USES

Every crystal and gemstone has its own magickal and energy property which corresponds to its color and aligns it with the energies of a planet. Here are some basic, low-cost gemstones that will help you in your magicks:

SUNSTONE is ruled by the Sun and the element of Fire and is good for abundance, personal success and personal power. You can make a power bag with Sun herbs and a sunstone to draw success to your endeavors.

MOONSTONE is ruled by the Moon and the element of Water. It helps develop psychic awareness, dreamwork and fertility. Wear it when reading Tarot cards or using a crystal ball or as you lie down to sleep to help you remember and understand your dreams. You can charge a moonstone with the task of helping you to be fertile if you are trying to get pregnant. Then wear it or keep it in your pocket each day and particularly while making love.

CARNELIAN is ruled by Mars and the element of Fire. It helps to dispel depression and anger and brings courage and energy. You can use it in protection spells or carry it with you for protection as well as carry with you to give you vitality and health.

QUARTZ CRYSTAL is ruled by Mercury and the element of Air. Wear it to focus and sharpen the mind as well as to help you communicate more clearly. It can aid in your creative thinking and writing if you'll set a quartz cluster on your desk as you work. You can also rub a quartz crystal on an afflicted part of the body to remove energy blockages and promote healing.

AMETHYST is ruled by Jupiter and the element of Water. If you have insomnia, place one under your pillow to help you relax and sleep. Hold one in your hand or wear one during meditation to go deeper. You can also harness the prosperity energies of Jupiter by placing an amethyst in the center of your altar and burning green candles around it.

JADE is ruled by Venus and the element of Earth. It draws luck,

health, long life, love and prosperity. Surround jade on your altar with pink candles to bring love or orange candles for health. Wear jade while gardening to help your garden grow.

ONYX is ruled by Saturn and the element of Earth. It stabilizes and protects. Bury one by your front door to avert negativity or wear to protect your aura. If you tend to be flighty or indecisive, wear one to help you to ground your energies.

To combine the energies of gemstones and crystals for special projects, first charge them with the focus of your intention then place them in a bag of the proper color and carry or wear to draw the results to yourself. Some combinations could be:

» PROTECTION - Garnet, Onyx, Obsidian and Quartz Crystal in a white bag.

» PROSPERITY - Jade, Peridot, Gold Tiger's Eye and Sunstone in a green bag.

» LOVE - Rose Quartz, Jade, Malachite and Red Jasper in a pink bag.

» INTUITION - Spectrolite, Lapis Lazuli, Moonstone and Tanzanite in a purple bag.

» SERENITY - Amethyst, Blue Lace Agate, Quartz Crystal and Jade in a blue bag.

Headache Solutions with Gemstones

Most headaches result from tension. Tension produces pain in the neck and shoulders resulting in constriction of the blood vessels and blood circulation resulting in headaches. Stress, guilt, fear, anger, depression, and rage are all contributing factors to tension headaches.

Underlying health problems can also result in headaches. Everything from sinusitis to nutritional imbalance, spinal misalignment to PMS, poor circulation to TMJ are all culprits. Food allergies and additives, cigarette smoke, air pollutants, poor ventilation, certain drugs, chemicals, and overexposure to sun are also factors. Proper diagnosis of the particular headache makes treatment much more specific and easier to diagnose.

Migraines are the result in an abnormal flow of blood to the brain.

Pain can last for several hours to several days. Migraines are frequently related to food and environmental allergies. They may also be brought on by poor circulation, chemical sensitivities, changes in humidity, stress or underlying illness. If you get frequent or unusually severe headaches, medical attention must be sought. Typically, migraines bring severe, one-sided throbbing pain (in 40 percent of cases, however, the pain occurs on both sides). Often this is accompanied by nausea and vomiting and perhaps tremor and dizziness. Some people also experience premigraine warning symptoms, including blurred vision, "floating" visual images, and numbness in an arm or leg.

NUTRITION

Water is essential in any healing process. Distilled water is the best. 6-8 eight ounces glasses per day.

- Be aware of your caffeine intake. If you don't get your daily dosage of caffeine, your blood vessels will dilate, possibly giving you a headache. Too much caffeine will also give you a headache, so try to limit yourself to two cups of coffee a day.
- Don't chew gum. The repetitive chewing motion can tighten muscles and bring on a tension headache.
- High salt intake can trigger migraines in some people.
- Skipping or delaying meals can cause headaches two ways. A missed meal can cause muscle tension, and, when blood sugar drops from lack of food, the blood vessels of the brain tighten.
- When you eat again, they expand, leading to headache. Eating more smaller meals often helps as a preventative measure.
- Milk can sometimes be a culprit.
- Hot dogs, like luncheon and other cured meats, contain nitrates. Nitrates dilate blood vessels, which can cause head pain. Monosodium glutamate (MSG) is often not absorbed well into the human system and can cause throbbing headaches. This ingredient is often found in Chinese food. Chocolate contains tyramine, a chief suspect in causing headaches. Often, many people outgrow this chemical reaction to tyramine. The body appears to build up a tolerance for it at a young age. Also, nuts and some aged cheeses both contain tyramine.
- Smoking can cause headaches. You should not smoke, period.
- Carbon monoxide gas appears to adversely affect brain blood flow.

- Alcoholic drinks can cause headaches. Also, some liquors contain tyramine.

MANAGING YOUR HEADACHE

- Sleep. A lot of people sleep a headache off, but don't oversleep. It is not recommended that you nap. While a nap may rid you of an existing headache, you don't want to nap if you're headache-free. Napping can actually cause migraines to those who are PRONE to them. Sleeping in an awkward position, or even on your stomach, can cause the muscles in your neck to contract and trigger a headache. Sleeping on your back or in a fetile position helps. Posture also plays a role. Stand tall, sit straight. Avoid leaning or pushing your head in one direction.
- Heat and Cold. Some people like the feeling of cold against their foreheads or necks and for them it seems to help. An ice pack applied to the areas of the head, neck, back or shoulders will often relieve the burning sensation of headaches. Others prefer hot showers or putting heat on their head, shoulder blades or necks. The idea is to find what works best for your type of headache.
- Deep breathing is a great tension reliever. Take note: you're doing it right if your stomach is moving more than your chest. Check yourself for signs that you are tensing up and inviting headache—clenched teeth, clenched fists, hunched shoulders.
- Learn biofeedback. Studies have proven it effective for both tension headaches and migraines. Use your hands. Both self-massage and acupressure can help. Two key points for reducing pain with acupressure are the web between your forefinger and thumb (squeeze there until you feel pain) and under the bony ridges at the back of the neck (use both thumbs to apply pressure there). Excessive noise is a common trigger for tension headaches.
- Protect your eyes from the sun, fluorescent lighting, television, or a video display terminal—can lead to squinting, eyestrain, and, finally, headache. Sunglasses are a good idea if you're going to be outside. If you're working inside, take some rest breaks from the computer screen and also wear some type of tinted glasses.

Crystal Therapies

Crystals have both piezoelectric and pyroelectric properties. This means that the polarities of the crystal will change when subjected

to pressure or heat (even body heat from the hands). This will radiate energy from the crystal due to this reversal of polarities. It provides the transfer, storage and transformation of energy. Offering a balanced energy field, energy modification, amplifies both energy and thought, clarity in thinking, and harmony and alignment with the chakra energy areas.

HEADACHES:

Amethyst, Cat's Eye, Charoite, Dioptase, Lizard Stone Jasper, Jet, Cherry Opal, Sugilite, Sheet Topaz, Turquoise.

Amethyst:

Translucent, purple/lavendar Qtz. Psychicness, imagery, mind quieting. Wear when sleeping or when awake to reduce anger, impatience, and nightmares. Brow + Crown Chakra. Headaches, eyes, scalp/hair, pituitary, pineal, bloodsugar balance. Especially helps sobriety; alcohol/food/sex/other addictions. Famous ancient detoxifier (especially helped with poisons, alcohol). Dream recall. Stone of spirituality, contentment, meditation. Provides common sense, flexibility in decisions.

Chrysoberyl:

Translucent Gold or Green Cat's Eye (often confused with qtz. Tiger's Eye, but rarer). Usually clear, green or green/brown, nongreasy. For acquiring more prosperity. Confidence, self-pride, healing. Amplifies other gems Some are irradiated to turn green- trust your feeling with each stone.

Charoite:

Purple, solid. Newly coming into greater use. Works with Indigo & violet Chakra to transmute/lift us out of emotions, fear. Seeing old patterns with new possibilities. Opens heart, inspiration, service, seeing clearly (mentally, physically, psychically), faster healing. Some find useful also for entity release work and alcohol/liver detoxification.

Dioptase:

Tiny deep blue-green silicate crystals. Its powerful green reaches deep into the Heart Chakra to release and heal sadness, heartache, abuse, neglect...Converts loss (recent/childhood) into self-love. Empowers heart with new depth, strength, healthiness, courage, ability to love deeply, unconditionally. Connects emotional heart with spiritual heart to receive abundance. Promotes genuineness, sincerity, emotional balance, self-worth, deep well-being. Central

Nervous System, lungs, heart, blood pressure, stress. Can send healing deep into the earth.

Jasper:

Chalcedony qtz. Multicolored, solid. Yellow, orange, brown, green. Yellow for stomach, intestines, liver, spleen areas. earthy grounding. Green: Respiratory/Heart Chakra. General tissue regeneration; mineral assimilation; general healing. Darker colors: more grounding. Suggested to be used for elixirs because it will not over-stimulate any part of the body. Considered more effective if it is used for long periods of time because it works slowly. It is a methodical and meticulous worker. Each color of Jasper has additional specific qualities when used alone. Jasper works well in conjunction with Opals. Recommended for executives as an aid to quick thinking. Also helps them endure stress.

Jet:

A fossilized organic matter used as a healing stone. A form of petrified wood similar to coal, though much harder. Has absorbing qualities. Helps draw out negative energy. Especially useful for people who have unreasonable fears that limit their lives. Helps control mood swings and fights deep depression. Recommended for stimulating psychic experience and guiding one in the quest for spiritual enlightenment. If worn, it should be set in silver.

Sugilite: "Lavulite/Royal Azele"

Solid, violet pink to purple. Psychism. Gets you in touch with your Spiritual Guides. Important healer's stone used to gently draw out pain (headaches too), inflammation, stress, dis-ease, toxins, emotional blocks. Protects; Absorbs and dissolves anger, hurt, unwanted energies. Is placed on Brow to alleviate depression/despair, stress. Brings spirit/light into physical body and heart for healing. Balances adrenal, pineal, pituitary, Lt/Rt brain. Peace of mind, well being, spiritual love.

Topaz:

The stone of "true love and success in all endeavors". It can be used to manifest health and correct disorders within the body. They promote understanding, compassion, kindness and empathy. They open and heal the hearts of those who have closed them while also protecting the open-hearted from too much pain. Instrumental in visualizations for healing and attracting in meditation and projection. Helps one to creatively change personal world, enhance awareness, expansiveness and manifestation.

Turquoise:

Lt blue/blue-green. A good general healer for all illnesses and excellent conductor (high copper). Speech enhancer, Friendship, Communication, Healing. This gentle, cool, soothing stone is a Native American classic. It opens the Throat Chakra, for open communication, creativity, serenity, spiritual bonding, upliftment; Opens the Heart Chakra for giving/receiving. Symbolizes our source (spirit/sky) and spiritual love for healing, help. On brow: Psychic connection to great spirit. Strengthens and aligns all meridians, chakras, and energy fields. Like amethyst, it protects and detoxes from alcohol, poison, pollution, x-ray/sun radiation. Ancient absorber of "negativity"; protection from "evil eye." Brings wisdom. Helps anorexia, headache, fear, etc. Throat, lungs, asthma, infections, teeth, TMJ, hearing, high blood pressure, creativity block, depression. Dull, paler, weaker. Works well with Chrysocola, best with Silver. Used for healing on every continent! Androgynous, balances yin/yang. Fades in sunlight, sweat, oil, dishwater...Avoid bleach/chlorine!

Quartz Technique and Headaches

Special technique for headaches, using quartz crystal can be very useful. Most pain needs energy to repair itself. Headaches are due to too much energy in the head. Energy flows in and out of the head through the Brow and Crown Chakra. When blockage occurs, usually this is emotionally related, the energy cannot be released and the excess pressure causes pain. Excess energy needs to be removed.

*Place a quartz crystal point in your dominant hand with the point upward.

*Place this hand with the crystal on the Solar Plexus Chakra. Place the other hand on the headache pain.

*This energy transfer from the head to the energy center of the Solar Plexus can take up to 30 minutes.

*Through this process, allow your body to breath deeply with your eyes closed.

*The energy transferred to the Solar Plexus actually balances the whole entire body sytem, ridding the head of the pain.

Andrew Pacholyk, MS, L.Ac.

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Alternative medicine and therapies
for healing mind, body & spirit!

Today's Stone - Bloodstone

The name can be a little misleading when it comes to bloodstone. It's actually deep green, with only spots or flecks of red. Bloodstone is a form of jasper.

In rituals, bloodstone is used for strength, courage, ambition and any other area that is associated with the element of fire.

Ancient folklore claims that bloodstone would help heal wounds, and it was carried by soldiers for that purpose. A Christian myth says that the blood of Christ fell onto the green stones under the cross, and created the red specks.

Women's Healing Stones

from Sandra Davis and the Psychic Stone Sensations Newsletter

If you are newly awakening unto your self, or if you need healing in any situation, these stones will aid you on your journey(s) or help you resolve any issue.

Amber:

The "Gentle Stone." In regards to soothing and calming nerves, Amber is the stone for you. It also is an uplifting stone when dispositions need altering. Amber helps you not take life so seriously. Amber aids you in making the right choices, as it gives you a clearer mental outlook on any given situation.

An excellent stone to have those waiting for an operation hold, for it calms anxiety and nervousness and fear.

Amethyst:

The "Master Healer Stone." Amethyst will provide protection and balance during transition periods. It reduces feelings of being victimized. It allows a betrayed heart to heal quickly from the sense of loss. It aids us in all spiritual journeys, first healing any fear from a previous unpleasant quest. Heals old Karmic or Past Life patterns to promote self-love in any relationship. Heals the Heart Chakra.

Coral:

The "Woman's Stone." Coral will dispel feelings of despair and despondency. It will encourage and stimulate female passion in any endeavor, creating the 'gung-ho' feeling, and the actions to only assertively or aggressively progress forward. This stone is also good for stimulating and strengthening the female reproductive organs.

Garnet:

The "Sex Stone." To put this politely, use the Garnet to provide spontaneous availability, and to heighten your sexuality.

This stone is also good for those recovering their power, and for those who have been

abused.

Jade:

The "Tranquility Stone." Use Jade when you need a sense of self-worth, self-sufficiency and capability in dealing with any situation. Jade will promote the balance, harmony and tranquility you need through emotional detachment.

Jasper:

The "Nurturing Stone." Jasper calms negative energy, and brings forth feelings of safety and love during recovery periods. It reduces feelings of being victimized.

Malachite:

The "Safety Stone." Malachite is considered a valuable physical talisman for children, believed to protect the wearer from falls. Malachite on an emotional level, is used to release negative and painful emotions and will protect against psychic attacks and others negativity by absorbing this negativity. It releases negative and painful emotions and clears out old traumas from life. Malachite is also used for changes, as it allows for an easy transition to take place.

For those of you who need to feel safe at all times, during any situations, use the Malachite in your meditations and concentrations as your Safety Net.

Obsidian:

The "Unveiling Stone." The Obsidian will unveil any mysteries about ourselves, when one wants/needs to go to a deeper level upon discovering the light of your journey. Obsidian will unveil the true-self: meaning the good and the bad. It will help one to understand the dark side of ourselves so we can acceptingly walk into or towards the light.

Please only use this stone when very mentally and emotionally accepting of what you might discover on your journey.

Realgar:

The "Self-Reflecting Stone." Realgar can work as a mirror to teach us about ourselves on a very deep level. It is said to reflect our true-selves, both the positive and the negative. As an added bonus, it is also used to increase sexuality and fertility.

Rose Quartz:

The "Love Stone". The Rose Quartz will help those who are timid, to seek and find love. It allows the owner to feel deserving of a great love. And encourages those who have just ended a love affair, to seek other love when feeling comfortable in heart, mind and spirit.

It will also calm damaged nerves after the break up of a love affair.

Rhodochrosite:

The "New Age Trinity" - stone because of the three colors within its range. The Gold for wisdom, the Orange for creativity and the Pink for love. Rhodochrosite encourages you to learn more about your own spirituality. And supports any means that you need to

discover, or rediscover this information, helping you use the wisdom you seek, the creativity you bring forth in your quest, and for keeping a loving and positive outlook and demeanor when on this journey.

Rhodonite:

The "Faithful Stone." The Rhodonite will aid those stay faithful and devoted to their loved ones. This is a nice stone to give a potential lover/mate as a mental promise to them.

Rhodonite also helps maintain a loving state in every-day life by bolstering one's resolve not to give in without having to be aggressive or nonloving - thus, being 'faithful' unto your own self.

Rhyolite:

The "Hard Working" Stone. Rhyolite will assist those working towards their goals in a proficient manner. This stone will not allow you to give up your goals or life dreams, but will encourage you forward to meet them. And it will aid you in making any changes in order for you to meet those goals and/or dreams.

Smokey Quartz:

The "Emotional Balancer." This is a good stone for young ladies entering womanhood, or those who are in the menapausal state, for Smokey Quartz will stabilize mood swings. A good stone to help get through PMS.

Also, use Smokey Quartz to stabilize emotions after a traumatic situation when grounding is imperative to make the right choices.

Sodalite:

The "Stone of Peace." Use Sodalite when you are in need of a good night's sleep. Sodalite under your pillow will stave off negative thought patterns, fears and worries so you can have a night of uninterrupted, peaceful sleep.

Turquoise:

The "Peace Of Mind" stone. After all is said and done, relax with a piece of turquoise in your hands (either left, right or both, are suitable). The Turquoise will engulf you with the peace of mind that you have worked very hard for and deserve. Relax and enjoy and remember to breathe evenly.

Crystal Garden

6 tb Salt
6 tb Bluening -- liquid
6 tb Water
1 tb Ammonia
Food coloring

Combine salt, bluing, water and ammonia. Pour over small pieces of rock or coal in a shallow GLASS OR CHINA bowl. Drip food coloring on top, if desired. Crystals will begin to grow soon. Add water occasionally to keep crystals growing. You'll probably want to supervise pretty closely...

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Stones—Astrological Correspondences

Signs Colors Stones Metals

Capricorn Black & White Onyx, Quartz, Beryl, Jet, Garnet,
Obsidian Gold, silver

Aquarius Bright Blue Blue Sapphire,
Lapis, Amethyst, Aquamarine, All metals

Pisces Soft Azure & Light Blue Diamond, Turquoise, Jade, Bloodstone

silver

Aries Red-Orange Ruby, Carnelian, Coral, Diamond gold, bronze

Taurus Deep yellow, brown, beige Emerald, Lapis, Azurite,
Agate silver, gold, copper

Gemeni Violet Crystal, Aquamarine, Pearl gold, silver

Cancer Green Ruby, Moonstone, Pearl, Green Turquoise silver

Leo Gold Amber, Sardonyx, Ruby, Peridot gold

Virgo Purple, Royal Blue Pink Jasper, Azurite, Sapphire gold

Libra Light Yellow, Pink Opal, Fire Agate, Agate all metals

Scorpio Crimson Topaz, Garnet, Coral, Ruby, Zircon gold, silver

Sagittarius Blue-Green Amethyst, Malachite, Zircon,

Turquoise silver, gold, copper

LOVE STONES

by Stephanie Pflumm

Valentine's Day is Wednesday of next week, and that was all the excuse I needed to research and write about several of the stones

that have been historically and currently used to help manifest love energies.

However, working love magic should never be taken lightly, especially, if your intention involves another human.

First, you need to be aware of the Universal Law of Free Will. Each of us is given our own Free Will to make the choices we must in life. To interfere with an individual's Free Will is thwarting Universal Law, and I highly recommend against it.

Before you start looking for love in all the possible places, look first at the love you give yourself. Are you supportive of your efforts and quick with reassurances for yourself when things don't go right? Do you pat yourself on the back when you do good things? Do you tell yourself, "we've learned not to do this again, aren't we so much smarter now" when you make a mistake?

Or, do you berate yourself when things go awry? Do you remind yourself how worthless you are, how little you've achieved, how if only this or that would happen, you could finally be happy?

My therapist once asked me (yes, therapy was one of the most loving things I ever did for myself), since I was a mother, was this how I talked to my children? When my reply was an indignant, "of course not!" She asked, "then why do you treat yourself that way?" It was one of the biggest DUH moments of my life.

If you cannot embrace yourself with the same unconditional love that

you embrace your children or pets or whomever, how can you truly love with the full depth of your ability? Won't you always know that if you are not worthy of your own love, you will never be worthy of another's?

Fall in love with yourself first, the rest will follow.

Ok, I'm done preaching . . . onto the Love Stones!

Amethyst - true love

You've already learned a great deal about Amethyst energies, including its use for attracting true love. Since you don't want to interfere with someone else's free will, here's another way to use your Amethyst to help you find your soul mate.

Amethyst is an excellent dreaming stone. Introduce yourself to a very special Amethyst, one that really speaks to you. If possible use a terminated Amethyst point. Keep the crystal with you while you are meditating or just thinking about finding your soul mate.

Communicate your need to, and visualize for your Amethyst, the benefits of you finding this love.

Do this for three days. On the night of the third day, ask the Amethyst to bring you a dream. In the dream you want to see the face of your true love. Then place your crystal under your pillow, or close to you while you sleep. Be open to what the Universe brings you, but know that it will only bring you the Truth. You may be very surprised at whose face you will dream.

Rose Quartz - unconditional love

Is self-love a tough battle for you? This is the crystal for you.

Rose Quartz will love you in the most joyful and unconditional way.

This wonderful teacher will make you smile, and then suddenly reveal the most profound lesson.

Rose Quartz brings calm to the most tense situations. Allowing you to find resolution through love rather than anger. This crystal will ease your worried brow, a trap many young couples fall into.

Suddenly responsibilities and bills seem to double and accusing words fly freely. Take your new life one day at a time, learn and grow with the aid of this rosey teacher.

Rose Quartz and Amethyst Prayer Pouches are one of my favorite gifts for newlyweds.

Moonstone - open hearts

This is a Lover's stone. It protects midnight travelers and those who travel on the water. Moonstone promotes tenderness; keeping your heart open and allowing you to overlook the little shortcomings all humans are prone to.

The stone is excellent in fertility energies (fertility does not just mean conception). Fertility can also mean living a fertile life, rich in giving and receiving. An important part of a healthy love.

Selenite-reconcile lovers

Couples that have a lot of challenging discussions may want to consider keeping a Selenite and Moonstone near them. Selenite will help bring about reconciliation, while Moonstone's tender energies make giving up or giving in less painful.

This is also a wonderful energy stone for those involved in fast paced life styles. Coping with day to day living often interferes with intimacy. Selenite will give you fresh energy at the end of the

day and aid in awakening your physical desires as well. This is another strong fertility stone.

Emerald - harmony

Many women over the centuries have chosen this crystal over Diamond as their wedding stone. Emerald's harmonic energies help make your relationship more successful and promotes domestic bliss. This gem can show you a crystal clear solution to a tough problem. Helping couples work through the early stumbling blocks that often kill relationships.

Diamond - traditional

Actually, Diamond's tradition as a wedding stone is still pretty young in geological time. Very few of the ancient traditions I found had little to do with love or relationships. Diamonds were initially associated with higher spirituality, controlling physical needs, encouraging chastity, the journey for absolute Truth.

It was the French that first began using Diamond as a symbol for constancy and building on its ability to strengthen marriage vows.

Peridot - heart (aka Chrysolite)

This smart little crystal brings a bit of intelligence to matters of the heart. While it promotes a loving, open heart, it also gives you a very strong BS detector. Protecting your heart from losing its warm loving glow through misuse.

These are not the only stones ever associated with love, but certainly some of the top ones. Always know that your work with a crystal or gem will be unique to you. Use the information you

discover here and elsewhere as a guide, but use your own heart, soul and mind to know your stones.

Hematite for Headaches

Holding a piece of hematite against the spot where the headache seems to be the worst, is said to help alleviate the pain and shorten the headache itself.

Be sure to use real hematite--not "hemalyke" which is man-made, and the component found most often in jewelry (especially beads and stone-band rings) which quite often is mis-marketed by dishonest tradesmen and uninformed sellers as real hematite.

Hematite is a wonderful stone for stress, rubbing it is said to absorb a good deal of stress--therefore it makes a great "worry stone" as well.

Crystals for a Seasonal Detox

Detoxification is a process that occurs within our bodies on a natural and continuous basis. Detoxifying is the process of releasing

accumulated toxins and waste products that build up throughout our system. From birth, we are bombarded by toxins, externally from environmental sources. Internally, our organs give off waste products that accumulate in our body. Imbalanced emotions also play a part in polluting our system with excess chemicals such as free radicals, homocysteine and cortisol.

Detoxifying is, in many ways, an easy process. Our body does much of the detoxification process through urination, defecation and perspiration. As our bodies age and our immune systems weaken from illness, poor diet and/or addictive substances, we sometimes need to give our system an extra helping hand. That is why conscious detoxing is a great way back to optimum health.

For some, counting on a few cups of coffee, having a cigarette, drink alcohol or doing recreational drugs has become a familiar habit. Between all the medications, refined foods, additives, alcohol, pesticides and other chemicals we are exposed to in the environment, the ability of our systems to adapt and detoxify can become challenged.

Symptoms such as frequent or reoccurring colds, feeling heavy, sluggish or tired, poor skin, acne or other related skin problems, allergies, a thick, coated tongue, bad breath, headache, and feelings of gas and being bloated after meals may indicate problems in the body's functionality and it's ability to process, digest and excrete properly. These vague symptoms that are often overlooked tend to be the results of a congested and sluggish body system.

Exposure or toxicity to food additives, solvents, pesticides, herbicides and other toxic chemicals can cause a number of psychological and neurological symptoms. Toxins produced by bacteria in the gut can be absorbed, causing significant disruption of body functions. Toxins that the body is unable to eliminate build up in the tissues, typically in our fat stores.

One of the best ways to start your detoxification is with the body's biggest organ, the SKIN. A detox diet strengthens the organs involved in detoxification and releases stored toxins, expelling them through the organs of elimination: the skin, as well as the intestines, liver, lungs, kidneys, and lymphatic system.

Eating a diet that focuses on fresh vegetables and fruits, legumes, nuts and seeds and whole grains are extremely important. Adopting a healthy lifestyle should include regular exercise, quality sleep and avoiding drugs and alcohol. Taking a high potency multiple vitamin and mineral supplement can make up for what are bodies are being depleted of. Nutritional and herbal supplements to protect and enhance liver function are discussed below. By starting with a three day fast, four times per year (fasting at the change of the seasons is a good rule to remember), can improve your system greatly.

TIPS FOR DETOXING

1. Eating a diet that focuses on fresh vegetables and fruits.
2. Eat whole grains, legumes, nuts and seeds.

3. Adopt a healthy lifestyle including regular exercise.
4. Avoiding drugs and alcohol.
5. Taking a high potency multiple vitamin and mineral supplement.
6. Take nutritional/herbal supplements to protect and enhance liver function.
7. Go on a three day fast, four times per year.
8. Fasting at the change of the seasons is a good rule to remember.
9. Take care of your skin and know your skin type.
10. Consider a self empowering affirmation to clear your mind.

Crystal Therapy

As a DETOX tool, crystals work as a wonderful adjunct therapy to use with other forms of healthcare. Some of the most famous crystals for detoxing include:

Amethyst

Wear when sleeping or when awake to reduce anger, impatience, and nightmares. Brow + Crown Chakra. Headaches, eyes, scalp/hair, pituitary, pineal, bloodsugar balance. Especially helps

sobriety; alcohol/food/sex/other addictions. Famous ancient detoxifier (especially helped with poisons, alcohol). Dream recall. Stone of spirituality, contentment, meditation. Provides common sense, flexibility in decisions. Amethyst has a direct link to the mind. It bolsters the production of the hormones, and strengthens the cleansing organs, the circulatory system and blood, the immune system, and body metabolism. It soothes the nervous system and assists in the transmission of neural signals. Helps you feel less scattered and more in control of your faculties. Memory skills and motivation improve. Goals are clearer, more realistic, and easier to achieve. However, you must use this stone cautiously with subjects who have paranoid or schizoid tendencies. Can benefit people with insomnia or troubled sleep. Ideal for those who meditate. Promotes selflessness. Useful in dispelling rage, anger, fear, and anxiety, and is a good stone for clarifying and remembering dreams. Helps relieve physical and emotional pain.

Bloodstone

Electromagnetic (high iron). Ancient Egypt, Atlantis used to calm, ground, revitalize. Classic for wealth, menstrual cramps, anemia, bloodclots, hemorrhoids, birthing/reproductivity, imbalance. Cleansing heart and blood circulation, marrow, thymus, lungs; Heart. Found in the USSR and India. A deep green with flecks of red, often resembling drops of blood. Benefits the circulatory system. Helps purify toxic blood and detoxify the kidneys, liver, and spleen. Increases courage, helps in avoiding dangerous situations by soothing the mind. Benefits the bones, heart, and reproductive organs. Helps

raise consciousness. If Bloodstone is used for a specific healing layout, it should be used by someone who has experience with the stone.

Quartz

Quartz can be formed of microscopic crystals and take on entirely different appearances and qualities. Other members of the Quartz family include Chalcedony, Agate, Jasper, Carnelian, Onyx, and Sardonyx. These are treated separately because their healing qualities are very different from crystal Quartz.

Probably the most versatile multipurpose healing stone. Easy to cleanse, store info/energy in, program or amplify energy and healing with. Can both draw and send energy. Powerful clear ones open Brow, Crown, and Transpersonal Chakra for meditation, sending/receiving guidance. Stimulates natural crystals in body tissues and fluids to resonate at new healing frequency. See also many other stone forms of quartz. (Amethyst, Tiger's Eye...)

Yin or Androgynous. Works with all chakras and master gland. Works with ALL Chakras and master gland for balancing, cleansing and healing. Used to amplify both body energy and thought. Natural tendency for Quartz is for harmony and is considered the "stone of power". Quartz can be used to facilitate both speaking and receiving information from the spiritual world, masters, teachers and healers. Stimulates positive thought and healing.

Ruby

Red Corundum. Contains chromium (blood sugar balance). Wealth, Joy, Love, Sexual Energy and Power. Warms, energizes after exhaustion. Strengthens physical and emotional heart (4th chakra), love, courage, confidence, vitality, stamina, strength, leadership, success over challenges. Intensifies all emotions (passion, jealousy, impatience, love...) Attempted use for pressure/control (for love) backfires onto user. Used for reproductive/root Chakra; infections, cholesterol, clots, blood detox (alcohol, caffeine), sexual blocks. Stimulates circulation, menses, pituitary healing the earth. This gemstone must be carefully scrutinized before choosing it for healing purposes. Classic stone is usually a deep, brilliant red, but can be found shades of pink or lavender. An amplifier of energy-both positive and negative. Can bring anger or negativity to the surface quickly. Should be used with a knowledge of how to gain from the experience. Otherwise you are likely to be overcome by the passion it stirs up. Can also amplify positive energy. Helps us in all matters of love, including love of ourselves. Benefits the heart and circulatory system, and can assist in the filtration and detoxification of the body. Also suggested for the eyes. Stimulates motivation and visualization.

Bathing with Stones and Crystals

Baths are a great way to benefit from crystal energy.

Many people find that bathing with rose quartz, clear quartz points or other water safe crystals or even plain old rocks enhances the bathing experience dramatically. The water also clears and vitalizes the crystals as well.

Bathing with the crystals is also a good way to commune and attune with stones because the water will enhance the vibration of the stones and help amplify your sensitivity and ability to connect and harmonize your energy and awareness.

I've bathed with crystals and rocks quite often. I discovered the benefits when we lost the stopper for the tub at our old house and used a big ordinary old rock to hold a rubber flat stopper down and noticed that the baths became much more refreshing.

After we got a plug and removed the rock I noticed a decrease in the vitalizing quality of the baths. We started bathing with rocks again because it did make a difference.

A related bath method for aura cleansing is to use sea salt in the tub.

This may be harsh on soft crystals it is fine for people.

A combination of sea salt, Epsom salts and bicarbonate of soda is also used for this sometimes.

Usually it is suggested that ten minutes is long enough for a bath in this combination.

A few drops of lavender or other essential oil or a few cups of strong herbal tea can also be added to your tub.

You can use flower essences, herbs or essential oils in the bath with your crystals and stones.

You can put stones and crystals in your bath directly, or use infused gem water, gem elixirs or gem essences.

These are usually made by placing stones in or around water and infusing or charging the water with the gem energy.

Gem waters are usually those where the crystal or stone is simply kept in the water for a while before the water is used.

Gem elixirs and essences are made by charging the water with the stones in sunlight, moonlight or with crystal shakti energy or by intention or in ritual.

Elixirs can be used without being diluted/expanded before use.

Gem essences are made from the elixirs and are extended and preserved in the same way as flower essences with.

A few drops of a commercial or home made gem essence is enough to carry the gem vibration through the water.

You can also add elixirs or essences to a spray bottle of water and spray this on the walls of the shower stall and shower head. These sprays are also used for aura and room cleansing.

You can run crystal energy as a shakti into the tub either directly if you have that ability or have been attuned to one of the systems that works with crystal shakti.

You can also request the crystal Deva to charge the bath water or shower water with the crystal energy.

Some people find it effective to hold a stone in their receptive hand (usually the left in right handed people) and place their projective hand in the water with the intention that the energy be transmitted to and held in the water.

Rose Quartz, Clear Quartz crystals, Rainbow Quartz and Granite are among the most favored stones for bathing with Most of the members of the quartz family make good bath companions these include Amethyst, Aventurine, Carnelian, Garnet, Rose

Quartz, Citrine, Chyrosphase, Bloodstone, Jasper, Agate, Onyx, Tigers Eye.

You will probably want to put small stones in a cloth bag or a colander or some other container which is also bath safe so that the crystals cannot go down the drain or get chipped.

A sea shell such as abalone can be used as a container.

It is best to avoid putting glass in the tub because of the possibility of breakage.

Some people make a slit in a sponge so that they can slide a crystal into the center to protect it.

It is possible to buy small bowls carved from marble, jade, carnelian or aventurine etc. one of these could be used though the cost of these bowls may be prohibitive for bath use.

Some stones can chip or crack in hot water you probably won't want to put the most precious and perfect stones in the bath. There are quite a few stones that could be dissolved or damaged in water: Halite (salt), Sylvite, Desert Rose Selenite, all Selenite, Gypsum, Angelite, Azurite, Talc, Calcite, Alabaster, Sulfur dissolves in salt water

I have been told that any stone that has a name ending in "ite" can possibly be damaged by water though I am not sure about that.

There are stones that rust or can be toxic such as stones with copper, lead and arsenic these should never be used in your bath.

Another way to get crystal energy into your bath is to put a charged stone in with your bath salts or bubble bath and use intention to charge the salts with the energy. You may like the energy from keeping a small crystal point in the bottle of shampoo or liquid soap or shower gel.

There was once a shampoo (Prell) which was sold with a cultured pearl in the bottle in the 50s. You may also enjoy experimenting with putting color in your bath water

for healing purposes.

Here are some qualities and uses for colored quartz stones that might be used to charge your bath water.

Amethyst: These violet, purple and lavender quartz stones are both gentle, and powerful protectors against negative energies. It is used as a meditation stone, to calm and center, increase common sense, remove unwanted energies, heal skeletal disorders, and for hearing problems, for sleep and for headaches. While it calms most people it can over

stimulate some people such as A.D.D. children, and some people find that it brings nervousness or depression to the surface Amethyst has been used for help in overcoming alcoholism and for psychic opening. A sixth and seventh chakra stone.

Rose Quartz: Pink and translucent and usually cloudy and is among the primary love stones and is a peace stone, a wonderful general healing crystal. Rose Quartz can soothe a broken heart, help you remain calm, increase your ability to give and receive unconditional love and keeps the heart open, vital and protected. Helps bring in joy. A heart chakra stone.

Carnelian: Protects against being overcome by fear and sorrow, helps physical strength, sexual energy, love, dispels apathy, used to treat allergies, colds, gall and kidney stones, spine, to heal cut and abrasions. Helps you with family and social situations, increases inner strength and courage, grounds energies to the present, increases energy. Sacral chakra.

Citrine: Yellow to amber quartz, balancing and aligning, mental clarity, personal power, group unity, energizing, both physically and mentally, helps align will with soul purpose. This stone is often created artificially by heating amethyst. Solar plexus chakra.

Chrysoprase: An apple green stone. Meditation, mental stability, relaxation, spiritual protection. Aids you in remaining inconspicuous. Used to bring happiness, reduce negative thoughts, irritability. Used to bring good fortune and prosperity.

Bloodstone: Being in the now, centering and grounding, courage, strength, power, money and wealth. Blood disorders, detoxification. Gently healing and energizing for the physical body.

Jasper: Nurturing, promoting safe astral travel, stabilizes and cleans the aura healing, protection, endurance.

*Red: Protection, healing, beauty.

*Green: Healing, sleep, compassion.

*Brown: Centering, grounding, Bruneau astral traveling.

Agate: Balances and harmonizes the Yin - Yang, male - female energy and works to balance the physical being with the etheric, emotional, mental and causal bodies of the aura, providing for grounding, strength, courage, healing. Blue Lace agate helps one to reach high spiritual awareness and has an inspirational effect. Agate comes in many forms and colors with many different spiritual and healing uses.

Onyx: Grounding and protection, helps align and harmonize the basic self with the High self. Onyx keeps you grounded and in body while in contact with Source, spiritual yet connected to the Earth even while journeying. Can help with communication with Earth Deva and your own consciousness of the nurturing support of the Earth. Helps with concentration and focus on responsibilities. A very good stone for those who tend to "space out" helps with receiving intuitive guidance and interpreting its practical application. Helps call in needed energies for you. Also used for treating health issues involving bone marrow, soft tissue, the feet. Has a reputation for absorbing or deflecting negative energies.

Aventurine: Balances male female energies, activates and clears the heart, protects against "psychic vampires", creativity, and pioneering spirit, unconditional love and for the heart, lungs, muscles and emotional healing of "heartbreak" Promotes creative insight, independence and originality, stabilizes and balances, heart chakra.

Tigers Eye: Excellent for grounding psychic energy, opening up the psychic centers in a secure and safe way, helps with practicality.

Opal: A white crystal which forms in microscopic globules with a high water content creating an amazing interplay of color. Opal develops joy, intuition and creativity, diversifies or scatters, amplifies traits, balances energies, works with the emotions, beauty of spirit, can enhance the gift of prophecy (due to a Sir Walter Scott) novel is sometimes considered an unlucky stone except for those born in October).

Smoky Quartz: Softens negative thought forms, depression lifter, mood enhancer. Aids with sexual/reproductive problems and removes negative energy from the body.

Sun Charged Stones

Purpose: For energizing yourself when you feel drained.

Items Needed:

River bed stone, one that lies flat and has a flat or slightly rounded surface on which to paint.

Acrylic paint

Old toothbrush

Find a flattish river bed stone. River bed stones are already charged with energy by the flowing of the water and are in themselves energizing.

Clean with the old toothbrush and warm soapy water to get rid of any dirt that might cause the paint to chip off or peel.

Dry completely, preferably out in the sun.

Once dry, paint an image of the sun. The design needn't be elaborate.

A

simple circle surrounded by lines is fine.

Allow to dry.

Sun charging:

Upon a sunny day, take your stone outside to an open space where it can

spend the day soaking up the sun's energies. Set it upon the ground, another rock, or on a table. Say:

Burning Sun, shining bright,

Help remove this sleepy plight.

Bless this stone with energy.

As I will it, so mote it be.

Bring the stone in once the sun begins to go down. Keep on your altar
or
working area.

Use:

Whenever you feel drained, take the stone in your passive hand,
opposite
your writing hand, relax and feel energy flowing from the stone and
into
you. Feel the warmth of the Sun envelope you. Energizing you.

January.... Garnet is known as the stone of health.

Use this stone
to ensure stability and encourage success.

February.... Amethyst is known as the happy stone.

Wearing this
stone will bring you peace and harmony.

March.... Aquamarine was originally given to sailors

to ensure a
safe voyage at sea. This stone brings courage to the
wearer.

April.... The Diamond represents life, joy and

innocence. Wearing
this stone enhances confidence, trust, and love.

May.... Emerald is known as the nature stone. This stone brings serenity and peace of mind.

June.... The Pearl represents youth. Wear pearls for truth.

July.... The Ruby represents wealth. It is said the wearer of the ruby will never have to want for money & will always be content.

August.... Peridot is the stone of Understanding. This stone will help shed light on a situation. Wearing this stone will help keep you 'right on track.'

September.... Sapphire is the stone of purity. Wearing this stone will help balance the physical and emotional parts of your life.

October.... Tourmaline is the stone of Truth. Wear this stone to dispel fear and to enhance insights.

November.... Topaz is the stone of goodness & faith.

This stone
increases creativity and feelings of joy. To inspire
bright ideas,
wearing the Topaz would be perfect.

December.... Turquoise is known as the "magical stone"
for the stone
changes color over a period of time. This stone brings
hope and
victory to the wearer.

There are three steps to effective crystal healing. While you are
wearing your crystals as jewelry or in a pouch at your heart center,
the crystal vibrations work continuously on your imbalances.

The Cleansing Process

The first step is the cleansing process. In first week or so, the
crystal is making tremendous adjustments within your energy field,
matching the matrix of your energy fields to a larger outer universal
energy field which will be used in your healing.

It is important to keep the crystal on you all the time (24 hours a
day) for at least the first 21 days for this cleansing process to be
initiated and completed. This is also a period of time where the
blockages of energy that are causing the imbalance are removed.

Sometimes a healing crisis occurs at this point, during the early
days of wearing the crystal. Remember, resolving the inner conflict

may take time and that crystals accelerate the change process. Allow these processes to occur without interruption, by continuously wearing the stone or crystal until you complete the next two steps.

It is a good idea to cleanse your crystal every week and to recharge it in the sunlight for at least four hours weekly through out the healing process.

Harmonizing and Integrating

The second step in crystal healing is the process of harmonizing and integrating the changes into your whole being. You may notice physical and emotional changes in either of the first or second steps as your physical, mental, emotional and spiritual bodies come into alignment. Some of these changes are caused by throwing off toxins and negative energies from the cleansing process which continues throughout the cycle of healing.

In the second stage, beginning in about the fourth week of wearing the stone or crystal, you may notice that your face looks more relaxed as the harmonizing connection is made within yourself. Your mental outlook, thoughts, feelings and even opinions may change significantly. All aspects of your energy will be activated and the result is a very positive feeling. However, you are not out of the woods yet!

Stability

The third step can take three to four months, perhaps even longer for some people depending on the intensity of the original condition.

With continuous wearing of the stones or crystals, you will achieve stability for the changes. There is no turning back at this point.

You can test out the stability by removing your crystals from time to time. If you feel desperate and need to put your crystals back on after only a few minutes, you are not even close to stabilizing the energy changes. If you are able to go for a few days without your stones, but then notice you are slipping back into your old ways, consider wearing your stones for another week or more, or only at bedtime before testing again. As you develop deeper sensitivity for crystal energy, you may decide to keep the crystals on much longer.

Some Hints On Crystal Healing

Your commitment to the crystal is part of the healing process. Let the crystal do the work for you. It is best not to wear more than two stones at any one time if you are new to crystal healing, as many people find the effects too distracting. The length of time to obtain the effects desired will depend on the quality of the crystal (size, colour, energy charge), location of wear, duration, and the crystal's appropriateness to your healing. Some crystals are better suited to healing the overall problem which underlies the symptoms, than to

just treating superficial symptoms. Select your crystal with an honest outlook on the real problem.

Subtle Energy given off by Stones Each type of stone gives off its own unique form of subtle energy. The particular energy given off by a stone is determined by its internal crystalline structure, and by the atomic vibrations that are specific to that structure. Certain stones, including most of the stones normally thought of as healing stones, vibrate in a way that resonates with and strengthens particular energies inside each person. These are the energies of the inner self, the energies that make up the attitudes and human qualities of a person. This resonance can occur because the inner self operates by using a type of subtle energy that is similar to the subtle energy of crystals and stones. The reason this type of energy is called "subtle energy" is because, although it is physical, it is less physical in nature than normal types of energy such as heat, electricity or mechanical energy. Subtle energy is what puts the "meta" in metaphysical. It is subtle because it is hard to measure. Science hasn't figured out how to measure it yet, and what science can't measure, it doesn't believe in. In spite of its many great achievements, science would not even know where to begin to measure your personal energy in order to find out how much subtle energy you are putting out in the form of human qualities such as patience or acceptance at any given time. Because of its somewhat less physical nature, subtle energy reveals itself in a quieter, often slower and more gentle way than the more physical types of

energy. For example, if you put a stone or quartz crystal in your pocket and carry it around with you, it may take some time, perhaps a day, before you notice the effect from it.

The Difference between Crystals and Stones

Both quartz crystals and certain types of stones strengthen the energies of the inner self, but each does it in a slightly different way. A stone gives off a very specific narrow (in bandwidth) type of subtle energy vibration because of its crystalline structure and chemical makeup, and it is the stone itself that is the source of this vibration. In contrast, quartz crystals are called the "master stone" because they operate in a much broader way that amplifies all the subtle energy frequencies. This happens because quartz crystals, unlike stones, are not the actual source of the subtle energy vibration, but instead they amplify and then reflect back those subtle energy vibrations that exist in their immediate environment. For this reason, a quartz crystal is able to strengthen all the energies of the inner self at once. For example, if you feel loving toward someone, and you are carrying a quartz crystal in your pocket at the time, that crystal will amplify and intensify the love energy you put out by resonating with it and making it stronger. Although stones and quartz crystals operate somewhat differently, each has its purpose. Because of its narrow focus, a stone is somewhat stronger than a quartz crystal, but it only works in its own specific area, that is, each stone only strengthens the particular energy or human quality it resonates with. This makes stones ideal for concentrating on your growth by working on one energy at a time, or working on several energies at once by using several stones. Because of its broad and more general way of operating, a quartz crystal works to strengthen all areas of the inner self at the same time. Because a quartz crystal strengthens everything at once, it

doesn't usually change the balance of the energies. And balance in the energies is extremely important, sometimes even more important than growth itself. This is why stones are so important. They can not only strengthen the energies, but, if chosen properly, they can bring the weaker energies up closer in strength to the stronger energies, and produce an internal balance that gives you a serenity and peacefulness that comes from being of one mind (not of divided opinion) in all areas of your life.

The Effect of Distance

The effect that stones and crystals have on the inner self falls off with distance. The larger a stone is, the more energy it puts out, and the farther that energy radiates from it. Although a small stone vibrates in the same way as a large stone of the same type, it affects a smaller area with its energy than a large stone. For example, if you wear a small quartz crystal around your neck, it essentially puts out personal energy, in that the energy doesn't affect others much, but stays very close to you. Its sphere of influence is just around you, with an effective radius of about a foot. Hand held crystals of about 3/4 inch diameter have a larger sphere of influence, with an effective radius of perhaps two to four feet. And a three inch diameter crystal will fill a large room or small apartment with energy that will have a positive impact on everyone in that area. Crystals, Stones and Personal Growth

By themselves, crystals and stones do not make you a better person or a different person from what you are. But they do resonate with the subtle energy of your inner self, your attitudes or human qualities, to make them stronger and more intense, so it becomes more obvious to you what is going on inside. This makes it easier for you to see who

you are and what you want to change about yourself in order to become a better person. But keep in mind that your attitudes don't change unless you want them to, and that you are the one responsible for any growth you do. A stone can only amplify an aspect of who you already are. To grow as a person you must do the work yourself. Crystals and stones can be of really good help in personal growth, but keep in mind that they are not magic. What they do is give you an edge in growth because of how the vibrations of their crystalline structure interact with the inner self. Crystals and stones have the ability to resonate with the different energies of the inner self, thereby strengthening those energies. This additional strength gives you the internal boost your energies need to make it easier to take steps towards growth. It gives you the extra insight and determination you need to take the leap of faith that is necessary in adopting a new attitude. It also gives you the strength to not be afraid to change something about yourself. But in spite of all this, you must still do the actual learning and growing. The magical qualities of crystals and stones lies in the effect they have on people. Because of how they work, crystals and stones have the ability to make someone feel more positive, feel better about life. Among other things, the way they interact with a person's inner self enhances the human qualities of loving and caring, which are often considered rather magical in themselves. Crystals and stones are really considered magical only because they enhance the magic that already exists in people's lives.

The Occult Nature of Stones

The following is a simple brief listing of stones commonly used for magical purposes.

Agate--The energy of this stone joins the heart and solar plexus together into a harmonious vibration. It also has a healing effect on the stomach. The energy of the agate serves to balance other energies and creates a stable, earthy energy field. Early Witches mixed crushed agate with water and herbs as an antidote for snake bites.

Amethyst--The energy of this stone has a general healing effect upon the physical and etheric bodies. When worn on a ring or necklace, the amethyst can charge the aura with the energy of spiritual love. Once its energy pattern is established within a person's aura, the stone serves as a protection against energies that are not harmonious to the bearer.

Early Romans believed that drinking from a chalice containing an amethyst would not cause drunkenness. Italian Witches once taught that an amethyst bearing the sigils of the Sun and Moon would repel another's Witchcraft.

Azurite--Aids in meditation.

Bloodstone--Stimulates the sexual energies of the base chakra. Sometimes used by Witches in lust spells.

Carnelian--Another name for this stone is the Neophyte's Stone, as it serves to stimulate the inspiring mind, and moves one to activity. Early Witches used this stone as an amulet against "fascinations."

Chalcedony--Worn as an amulet, it will shield against energy directed against the wearer.

Chrysoprase--Being a variety of Chalcedony, it is similar in nature. Rather than being worn this stone is placed about the house for protection. One essential area is on the bedside table (or headboard).

Diamond--This gem has many associations in folklore. It was considered a symbol of truth and loyalty, and it was believed that the diamond would lose its luster if the owner broke an oath. Magically, the diamond serves to protect the bearer. It is especially protective for times when the conscious mind is unaware of the body (as in astral projection, coma, or surgery). It is said that the body cannot be "possessed" when a diamond protects it.

Emerald--Considered to be a transmitting agent for the emotion of love. The emerald exerts a positive influence on the heart physically and spiritually. Ancient magicians are said to have used this stone to see visions.

Jade--Aids in meditation. Red Jade serves to stimulate the emotions, green serves to calm. Jade has a general influence upon the inner motivations and urges.

Lodestone--Because of its magnetic attraction, many people associate it with the drawing of desired things. Yet reverse magnetism must be considered, and therefore it can repel as well. Some occultists color their lodestone in a symbolic manner in order to influence corresponding situations.

Moonstone--Aids in the development of the subconscious and psychic mind. In magic it draws the aid of the twenty-eight spirits of the Moon and the favor of the Moon Goddess.

Quartz--Clear Quartz (rock crystal): Used as a focus for divination in spherical form (the crystal ball), and as a transmitter/receiver of energy. The magical link between the crystal and "other realms" is associated with magnetism, attraction, and accumulation in and around the crystal, by the infused iron throughout its structure. When charged by the Moon's energy, the magnetic link is established. As the Moon increases, so too does the generation, and accumulation, of lunar magnetism within the crystal.

Rose Quartz--Used to "lighten" the auric energy and to draw positive energy. Suspended over the heart area, the rose quartz filters and harmonized energies passing through it in either direction.

Yellow Citrine--Considered a magical stone, it is used as an aid in the formulation of

thought forms. Worn as a talisman during magical work, it stimulates the mind on all levels and aids in the protection of "thoughts."

Tourmaline Quartz--Worn on the body, it aids in the projection of the astral form.

Amethyst Quartz--A powerful energizer both physically and etherically. Aids in ritual magic by manipulation of the forces raised. In other works, it transmits energy directed toward it. Here it is best utilized by placing it on the center of an altar, or set onto the head of a wand.

The Magical Properties of Colors ~ Gemstones ~ Part 1

Colors are energies of differing light frequencies and directly affect our minds and spirit in many ways. The world is now just beginning to train and teach physiologists the uses of color therapy.

Color has the ability to influence moods, and can make people hungry, content, excited, or calm. Even on this superficial level, colors create physical change and emotional response.

When color is used as a key to other less physical affects and used to enter the realms of the color harmonics and wave lengths of power emanating from the crystal, we harness these energies and, from the other person's view point, we enter the realm of magic - the magic taught by the mystery schools down through time.

Why would people want to wear gold, platinum, and silver?

After all they are just earth elements (the mineral kingdom-earth energy oscillators).

Why would people mount colored stones in these three metal earth elements?

Why adorn their bodies with these metal mounted stones?

Why are we drawn to these colored pieces of metal?

What is their relationship to mankind?

Why are we fascinated by all the different colors of the polished crystals we wear?

What unseen energies do they release?

Why do we combine gems and metals?

What is their relationship to our energy system?

Why are some willing to pay a years salary for clear stones made of carbon (diamond) or a red ruby made of aluminum and sand (silica)?

What subconscious motivators drive us?

From the earliest days, predating prehistoric times, we see necklaces, and ear dangles drawn on cave walls. Why, from prehistoric times, right up to the technological age have we found beauty, power, and mystery tied to metals and colored gems and the energies of the human organism?

Metals and Gems have special energies all of their own, they vibrate and radiate at their own atomic frequencies just like you and I do. Each person has their own frequency of vibration, each metal and gemstone has their own personal vibration and frequency. They like us are individuals moving through time and space and know not where they will end up.

It all begin when the earliest humans sensed a special force or forces trapped within the stones and other humans they lived near. The healers and shamans put bright stones and pieces of gold in leather pouches and wore them around their necks. They use their amulets to ward off sickness, heal the sick, and ward off evil for the group or individuals. If this type of magical powers had not of worked for them, it would have been given up long ago and today we would not be following these age old traditions. Today gemstones and metal magic has been all but forgotten in our fast paced electronic controlled lives.

Today, a new awareness of the magical properties of gold, silver, colored gems, and diamonds is sweeping the world. Previous to the industrial revolution, people had magical gems that were passed down through the family line, generation after generation. Two devastating world wars destroyed insular village life, and where the old beliefs in the magical and mystical stones was lost. Every year clay tablets and other ancient manuscripts of the old uses of gems and metals are being deciphered. Today, body energies and their relationship to the mineral kingdom is a central focus

of many people all over the planet.

After centuries of repressive religious beliefs and superficial materialism, many people are waking up to the fact that they have become divorced from the earth. Most are seeking an escape from their microchip managed unsatisfying lives, all the magic is gone from their lives.

People with no interest in the magical qualities of gold and gemstones buy Mother's rings with their children's birthstones set in them. They believe that all stones together with theirs, will hold the family together and bring them luck. They don't know why they believe it, but they do. If we look into past ages, where the power and mystical properties of gemstones and metals were believed, we will find answers.

It is said that King Solomon, who was considered the wisest king in the old testament, wore a leather breast plate containing 12 of the magical stones. Gemstones, colors, metals, plants, and people are looking to all natural items of mystical energies that can be used as tools to heighten our awareness, allowing us glimpses through the veil of materialistic thinking, that many times fogs our thinking and minds.

Stones and metals and their radiating energies are the fascinating keys of old, which can be used to unlock the magic and our potential as living spirits. They can be used to expand our consciousness, enhance our lives, both materialistically and spiritually. The old ways of understanding, that for century after century worked for people, is available to anyone that wishes to experience new mental sets and new belief structures and how they function in present reality. After all, everything that exists in reality is a reflection of our belief structures and individual knowledge.

Skeptics say, "It's in our minds." Yes, they are right, everything is in our minds. Our minds are made up of thoughts and beliefs. How could it not be in our mind or the mind of another? Everything exists in the mind.

Without consciousness and spirit, there would be no awareness. The jewelry industry has never had a manual that combines several age old disciplines together. Basically the industry combines gold and silver crafts, gem identification and cutting, selling and marketing. For the first time we have assembled a manual that brings in the age old principle and beliefs of gemstones magic, color frequency, the magic of shapes and metals, and perhaps where the human energies react with them.

GARNET January's Birthstone

Specific Gravity - 3.75 to 3.97

Hardness - 7.25

It is safe to clean garnets with an ultrasonic cleaner.

The word garnet comes from the latin word granatus. How this came about was because the crystals embedded in rock had the color and shape of pomegranite seeds.

The garnets are divided into two series:

The Pyrospite Series which consists of pyrope, almandine and spessartite.

The Ugrandite Series which consists of uvarovite, grossular, and andrite.

Garnets come in all colors-brown, green, purple, red , orange , and shades of all, some common-some rare.

Garnets of deep red, violet-red and black come from Arizona in America, South America, Ceylon, India, and Australia.

Green, dark green, cinnamon, brownish yellow, and jade green garnets come from Switzerland, Ceylon, and South Africa. Bright apple green garnets (called Saverite) come from Russia and Finland.

Standard brown colors you see in department stores are inexpensive and come from India, South America, Russia, And North America.

GARNET ~ History & Lore

It is said that King Solomon wore a large red garnet along with eleven other magical gems (representing the 12 steps of Jacob's Ladder) in his breast plate to help him win battles and to keep him in touch with the deity.

In the 13th century, they were worn to repel insects and evil spirits and the evil eye of others.

In Egyptian times they were taken into the tombs with the dead as payment to the gods of the nether worlds and for their passage through the nether world safely.

GARNET

Magic Uses:

Energy - Projective

Planet - Mars

Element - Fire (especially pyrope garnet)

Powers - Strength, Protection, Healing, The Development of Spiritual Emotional Powers

Strengthens the body and mind

The pyrope garnet is a fiery red gemstone when cut properly, and it is worn to enhance body and mental strength. Pyrope is a projective stone.

Wards off danger

During the middle ages, it was worn to ward off demons, night phantoms, bad dreams, and people with evil intent. It is still thought to ward off thieves and burglars. People use it now to increase the power of their energy field or auras and gather good vibes. It is said by some that when wearing garnets, they create a power shield against would be muggers and people intent on doing harm.

A healing stone

Used as a healing stone, it is said to relieve skin irritations and inflammations, also it is also claimed to regulate heart and blood flow.

Protection

In the middle ages, a lion was carved on a garnet about the size of a man's thumb and carried while traveling for protection. They were also given to friends for protection and a safe returning when they traveled from the village.

AMETHYST (February's Birthstone)

Specific gravity - 2.65

Hardness - 7.00

It is safe to clean amethyst in the ultrasonic cleaner.

Amethyst Belongs to the Quartz Family

Quartz comes in every color of the rainbow plus white and black. A clear quartz crystal, because of its many electrical attributes, is used in radio frequency control, computer chips and many other modern day scientific instruments and products. It picks up all known vibrations from the heavens and earth and is truly a wondrous earth crystal spirit

AMETHYST History & Lore

The amethyst has over a 8,000 year history of usage in China.

Amethyst is a <purple.html> quartz crystal and is steeped in ancient lore, mysticism and age old magic. The stone's availability and magical qualities made it the stone of preference for commoner and kings four thousand years ago and it traveled all over the globe as a form of trade exchange. It is still one of the most popular stones in the world and used in many different countries for common and uncommon purposes.

Legend has it that the amethyst originated from Bacchus, the god of wine. Bacchus became angry at the mortals and vowed that the next mortal to cross his path would be eaten by tigers. Amythyst, a beautiful young maiden, was on her way to worship the goddess, Diana. Diana turned her into colorless quartz to keep her from being eaten. Bacchus observed the miracle and repented his hasty decision, and poored wine over the young maiden, leaving her feet and legs colorless. This is the reason that amethyst crystals are usually uneven in color and have a colorless base at the bottom. They say the goddess of love and the god of wine, when entwined, will have light and dark envolements.

AMETHYST

Magic Uses:

Energy - Receptive

Planets - Jupiter, Neptune

Element - Water

Power - Dreams, Psychism, Love, Peace, Protection, Courage, Happiness, Healing, Overcoming Alcoholism, Opening the Third Eye, and many others.

Listed below are a few uses:

Placed under the pillow or worn to bed, it promotes quiet peaceful sleep, pleasant dreams, also claimed is healing of tired joints and muscles, prevents nightmares.

As a meditation stone it quiets the mind, promotes contemplation at the deepest levels, attunes the spirit to higher vibrations, has no side effects, calms fears, wards off self-deception and anger, curbs over indulgence and addictions of alcohol and hemp leaves.

Amethyst lends courage to travelers, worn in plain sight it is said to scare off thieves, highway men and protects the traveler from harm, sickness and danger.

It is a stone of deep wisdom and is worn during psychic past life regression and other divinatory acts and rituals.

It has a royal purple essence and its spirit that dwells within is said to sharpen psychic powers, the conscious mind, quicken the wit and increase the telepathic powers.

Visualizing and using the purple stone's power for several weeks, and using it as a focus stone is said to open the third eye. It is said to wear a necklace of amethyst beads to ward off the evil eye and keep those with negative feelings away from you.

AQUAMARINE (March's Birthstone)

Specific Gravity - 2.80

Hardness - 7.50 to 8.1

It is safe to clean aquamarine in the ultrasonic cleaner.

Aquamarine Belongs to the Beryl Family of Gemstones

Aquamarine is found in the United States, Columbia, Brazil, Russia, South Africa, Rhodesia, India, Pakistan, Zambia, and Ceylon. Even though it is found in many places in the world, it is still a fairly expensive stone in larger sizes from 2 carat up, one with rich green-blue shades can cost up to \$300.00 a carat.

AQUAMARINE History & Lore:

The aquamarine was the stone of the sea-goddesses and sirens of the past times. Beads of aquamarine are found in ancient Egyptian mummy tombs. They were used as a tribute gemstone to the Gods of the Nether world for safe passage. King Solomon is said to have worn one in his breast plate of the 12 holy gemstones.

AQUAMARINE

Magic Uses

Energy - Receptive

Planet - Moon

Element - Water

Powers - Psychism. Peace. Courage. Purification

The aquamarine, a semiprecious variety of beryl, is a pale blue-green color and so has long been associated with the sea and with the element of water. Sea witches cleanse the stone in ocean water at night by the light of the Full Moon. They have been used for the removing of warts and other skin problems. While swimming in sea water, people rubbed the affected skin areas with the gem.

In magic, this beautiful stone is worn or carried to enhance the utilization of psychic powers. Holding a crystal of aquamarine, or wearing a faceted aquamarine around the neck reduces our conscious minds hold on the psychic mind and allows the ever-present intuitive impulses to be heard and to enter our consciousness.

Because the aquamarine is a cleansing and purification stone, it can be worn or rubbed on the body as a part of a purification ritual prior to magical acts.

The aquamarine can be used much like the amethyst for soothing and calming emotional fires or problems. It is a stone of peace, joy, and happiness, especially in the renewing of relationships. It is given as a peace offering to friends and loved ones.

Aquamarine exchanged by mates, help smooth the path of their interactions, and as a necklace, it is a most magically appropriate gift for a bridegroom to his bride on the day of their nuptials.

Aquamarine is worn or carried as a protective amulet while sailing or flying over water. Fishermen, sailors, and pilots have long made it their special amulet against danger. Adding small diamonds around it in jewelry increases its power.

As a magic charm, the aquamarine is worn to ensure good health, to halt fear, to strengthen your courage, and for alertness of the mind. It is also said, that when placed on the forehead and meditating on it's spirit, will take your consciousness back to the time you lived as a dolphin or some other sea creature. It is said, that an aquamarine with a red center stripe running up the center of the crystal is the most powerful of all the aquamarine gems.

DIAMONDS (April's Birthstone)

Specific Gravity - 3.51 to 3.53

Hardness - 10.0

Diamonds come in these colors: colorless, yellow, grey, black, pink, green, blue, different shades of brown, and cinnamon.

Diamonds come from South Africa, India, Brazil, Tanzania, Australia, Guyana, Zaire, Ghana, Borneo, Venezuela, and USSR. America only produces industrial grades (no gem diamonds).

WHY DIAMONDS ARE PRECIOUS GIFTS:

Besides having spiritual and magical properties, they really do have a rarity factor. It takes a minimum of a million diamonds that have been mined to obtain a one carat gem quality diamond. So each one carat quality diamond found is one in a million. The lower non-gem grade diamonds are used as cutting and grinding tools.

The cost of mining diamonds is very expensive. It requires moving and sifting 250 tons of the Earth's crust to find a diamond. Mining companies literally move mountains to find diamonds.

Diamonds are the hardest material known to man. They can only be ground and polished by using diamond dust that has been ground from other diamonds. The cutting cost can add up to half of the wholesale price of a diamond. Each round diamond has fifty-seven facets, and each one has to be ground and polished in relation to every other facet so that the diamond will mirror the light perfectly. It requires many hours and a very high degree of skill to cut a diamond properly. Years of patient grinding and observing every hand ground facet are required to create a master diamond cutter. Those that reach master cutting skills, in all the different shapes and cuts, are as scarce as the American Eagle.

Diamonds have the longest endurance of any substance known to man on earth. They are forever. Their beauty is unaffected by age. Carbon dating has established that diamonds, on the average, are 3.4 billion years of age. Now, that's timeless beauty. They are ancient, magical, exotic, and beautiful crystal spirits.

HOW DIAMONDS WERE CREATED:

The process that created diamonds have not existed on planet earth for hundreds of millions of years. Very early in the earth's history, as spacial dust and matter began to form from a superior nova explosion, the material at heart of our planet was subjected to unbelievable extremes of heat and pressure. Out of this caldron, pure carbon deposits began to crystallize into diamonds.

Diamonds consist of pure carbon. Visualize a basketball size piece of pure carbon, white hot, being squeezed to the size of a small pearl and turning from black to clear in the process. You have now captured in the mind's eye-the unique process that was required to create a diamond.

There is no chemical difference between carbon powder, or a lead pencil center, and a diamond. However, the physical difference between carbon powder and a diamond is miraculous. Those in search of the miraculous have to look no further than the closest diamond to find a living miracle-with it's splash of rainbow colors. This rainbow of sparkling color is how a diamond speaks to each of us.

Tremendous stresses developed as the outer layers of the earth's crust cooled and contracted. Plates of solid rock, miles deep, shifted and split open. Streams of liquid rock (magma) exploded forth-forming mountainous volcanoes and volcanic eruptions. The diamond crystals we polish and wear were mixed with this liquid rock from the center of the earth.

Later, as the earth's surface and the volcanic rock cooled, the diamonds became trapped in this solidified magma. The diamond bearing earth, where these diamonds are found, is called Kimberlite or Blue Earth. As the Blue Earth began to decompose, the weather over billions of years eroded the mountains away, and the diamonds were released from their entrapment in the Blue Earth. The rains washed down the mountains and carried the diamonds into the rivers below forming alluvial deposits. Gold is found in a similar way.

The magma being forced up to the surface, formed pipe like structures in the earth. The pipe like structures are called Kimberlite pipes. Over eons of time, the erosion of the Kimberlite pipes carried the diamonds, first by rain water, and then in rivers, to form alluvial deposits in and along the ancient river beds.

DIAMOND MINING:

We have all been told stories of people who have found big diamonds laying sparkling on the ground and became instantly rich. Occasionally that has happened. But it usually requires that two or three hundred tons of material has to be sifted to find a few small diamonds of cuttable gem quality.

There are several ways diamonds are mined today-open pit mining, underground mining, and beach mining. Open pit and underground mining is where they have found a Kimberlite pipe and are drilling and blasting deep into the earth much the same way hard rock gold mines are worked. Beach mining is used to mine diamonds that rivers have carried all the way to the ocean. They remove and sift all the sand-all the way down to the gravel and diamond bearing pockets in the bedrock.

Most mines in operation today are found where the diamonds were first brought to the surface of the Earth. The companies that are mining the Kimberlite pipes are the major mines operating in the world today.

THE EIGHT MAJOR DIAMOND PRODUCING COUNTRIES OF THE WORLD

Listed below are the eight major countries listed in order of production:

Australia

Zaire

Botswana

Russia

South Africa

Angola

Namibia

Brazil

America has a couple small producing diamonds mines, however, they produce no gem grade material. They produce a small amount of black and brown industrial grade material used for grinding wheels and drill bits.

HOW DIAMONDS ARE CUT INTO USABLE SIZES:

The way a raw, or rough, diamond is divided, or cut, is vital to the value of each crystal. Each section, or individual crystal, has to be cut and polished to transform it into the diamond gem we are use to seeing and wearing.

A chisel type blade is used to divide the stone into two or more diamonds. Diamonds have a natural grain much the same as a piece of wood. First, the diamond may be held in a small bowl of dop wax (a form of pitch). Then, the chisel is placed on the grain of the crystal and tapped with the right force. The diamond will split in half along its grain.

Many diamonds do not lend themselves to this process (called cleaving), so they are cut into sections using a modern high intensity, very fine laser beam. This laser beam is about the width of a human hair. Some diamonds do not lend themselves to either method and must be cut with a diamond saw blade made of copper, which is a long, drawn out, tedious cutting process.

Cleaving a stone into different sized sections is just the beginning of the process. The next step is grinding it down into the proper shape. This takes hours on a diamond grinding plate using diamond abrasive made from other diamonds and the diamond dust coming from the diamond itself.

Then the final finishing process begins by using finer and finer grades of diamond dust to polish the stone. Remember, a round brilliant cut diamond has 57 separate facets to reflect light. This polishing, using finer and finer grits of diamond dust,

must be done to each separate facet on the diamond being polished.

Once you have watched the whole process diamond polishing -from start to finish, you will truly understand why high quality diamonds are so expensive. Diamonds are a labor intensive product-much like the car you drive. Your car has \$150 worth of iron and aluminum in it-and you paid \$12,000 to \$20,000 for it, most of which was the labor cost for making each separate part-Just like paying for the polishing of each separate facet.

A good diamond cutter produces facets (tiny mirrors) whose mathematically accurate placement maximize the fire, sparkle, and beauty hidden within the diamond. Each separate facet is special-and takes time to produce. When they go into the detail of each facet production, people begin to comprehend why diamonds are expensive.

Diamonds of many colors are now being produced by atomic radiation. These diamonds radiate isotopes for at least six months. If you are buying a colored diamond, find out how long ago it was radiated.

DIAMONDS History & Lore

Legend has it that Europeans first discovered African diamonds in a Shaman's leather pouch. The African Shaman used his diamonds as Shamans of the world use quartz crystals. Anciently, diamonds were worn as unpolished stones. They were treasured for their beauty and powers.

The Philosopher's Stone:

The Diamond is an ancient symbol of the perfected man whose divine spirit shines forth. As the rough diamond is dull and lifeless when first removed from the earth, so the spiritual nature in its "earthly" state reveals little of its inherent luminosity. In the hands of the skillful lapidary, the diamond is transformed into a sparkling gem from whose facets pour streams of rainbow colored fire, so upon the lathe of the Divine Lapidary, the spirit of man is ground and polished until it reflects the glory of its Creator from every atom. He lives by spirit.

The Philosopher's Stone represents the realization and accomplishment of the ideal. In philosophy, the diamond of the Wise Man is "supreme and unalterable Reason. To find the Absolute in the Infinite, in the Indefinite, and in the Finite, this is the Great Work of the Sages." He who possesses the Philosopher's Stone possesses Truth, the greatest of all treasures. He is immortal because Reason takes no account of death. He is healed of Ignorance-the most loathsome of all diseases. To the mystic, the Philosopher's Stone is perfect love, which transmutes all that is base and "raises" all that is dead. Diamonds are the most magical of all gems.

DIAMONDS WORN BY KINGS

Kings, in old days, led the battles on the battle fields. They wore heavy leather breast plates studded with diamonds and other precious stones.

Because it was believed that diamonds were fragments of stars and the tear drops of the Gods, the diamonds possessed magical qualities of the Gods and had powers far beyond the understanding of common man. The warriors stayed clear of the Kings and those who were fortunate enough have the magical diamonds in their breast plates. So, they survived the wars by the magic of the diamonds and were blessed by the Gods and had lives of good fortune. Much of this lore still lives today in a simple saying, "diamonds are a girls best friend." In ancient Greece and Summaria, diamonds were the status symbols of Kings and the very wealthy.

The Greek word "adamas," meaning unconquerable and indestructible, is the root word of the word diamond. Diamonds were worn because they were thought to give a person strength, invincibility, courage, and magical powers over the dark side of life. Rainbows of color gave the stones magical powers over the evil eye of the sorceress and magicians of the day.

Tradition of the Diamond Engagement Solitaire Ring

The earliest record of a man giving a large diamond to a woman for her hand in marriage was in 1477. The Archduke of Austria gave it to Mary of Burgundy. We have five hundred years of romance and the tradition of giving a large solitaire diamond, or a diamond wedding set, to the woman you wish to betroth, have now passed.

DIAMONDS

Magical Uses

Energy - Projective (radiance)

Planet - Sun

Element - Fire

Associated Metals - Gold, Platinum, Silver

Powers - Spirituality, Cures Sexual Dysfunction, Projection, Courage, Peace, Reconciliation, Hearing, Strength

The diamond has magical properties. Worn, it promotes spirituality-even ecstasy. It is often utilized in meditation.

When carried or worn, the diamond promotes self-confidence in relations with the opposite sex. It is also worn to conquer infertility. The diamond is the stone of love,

it is worn to ensure fidelity. Because of its hardness and associations with the Sun, the diamond is worn or utilized in spells to increase physical strength. It is still worn today for courage and adornment.

In the ancient India, a diamond set in a platinum ring was worn for victory in battles. The diamond, owing to its sparkling and flashing nature, has long been regarded as a stone of protection. The diamond is a stone of peace. Try scrying with a faceted diamond in soft candlelight, dazzling yourself in its inner world of color, light, and personal transformation.

The Magical Properties of Colors ~ Gemstones ~ Part 2

EMERALDS (May's Birthstone)

Specific gravity - 2.65 to 2.85

Hardness - 7.00 to 7.50

It is NOT recommended to clean emeralds in the ultrasonic or steam cleaner.

Emeralds are very brittle. They break and chip easily. Extreme care must be taken when setting these gems. Sudden temperature changes tend to shatter them.

Emerald is one of the worlds most popular stones. Colors range from a deep grass green to yellow green and blue-tinges mixed with deep shades of green, quality emeralds can run up to three or four thousand a carat, the word emerald comes from the Greek word smaragdus, meaning green.

A member of the beryl family of minerals, it contains chromium which gives the emerald its green color (all green stone have chromium, that is what gives them their green color). All but the very expensive emeralds have inclusions (called gardens in the trade) in them.

Emeralds are not found in alluvial rivers or in streams, as many gems are.

They are found in conjunction with layers of mica schist. They are found in pegmatite dikes. Small pockets of emeralds are found by digging with pick and shovel through the dikes and schist. Very small crystals of lower qualities is 90% of what is found. Emerald mining is very labor intensive and the amount of time spent looking and digging is why emeralds are so expensive. Top quality emeralds can wholesale for 6 to 8 thousand dollars per carat.

Emeralds are found in South America, Egypt, Brazil, Russia, South Africa, India, Pakistan and Rhodesia.

Man grown beryle in emerald color is now the gemstone you see in many jewelry stores. It is still expensive, running from \$300 to \$500 a carat retail.

EMERALDS ~ History & Lore

In ancient Egypt, emeralds were mined close to the Red Sea. This tranquil green gem was highly prized by the wealthy and the priest craft. The high cost made it far beyond the average Egyptian's pocketbook.

It's said that Isis wore a green emerald-all who looked upon it were guaranteed a safe trip through the land of the dead.

Emeralds in ancient Rome were highly prized and valued for their calming and soothing effects. Nero watched the Roman games in the colosseum through a set of highly prized emerald glasses. With the conquest of South America by the Spaniards in the 16th century, emeralds became more plentiful in Europe.

Pizarro and Cortez subdued the Inca and Mayan civilizations and took over the existing emerald and gold mines and began shipping these captured fortunes of gold and gems back to Spain, who in turn shipped them to India, Philippine trading ports where they found their way to China, Mongolia, and Delhi. These early thefts allowed Spain to become one of the leading world powers at the time.

EMERALDS ~ Magical Uses

Energy - Receptive

Planets - Venus

Element - Earth

Diety - Isis, Venus, Ceres, Vishnu

Associated Metals - Copper, Silver

Magical Powers - Love, Money, Mental Powers, Psychism, Protection, Exorcism, Eyesight

In India, the emerald green color is linked to the fourth energy center, which is the heart chakra. Green emeralds are connected to the 2nd kingdom of life-the plant kingdom. The stone's healing powers can be increased by visualizing a nearby tree's energy flowing into the stone and charging it up for ritual work or the laying on of hands used in healing. Isis, the mother goddess, is said to have worn a large green emerald in her headband, and all who looked up it would be able to conceive. It is considered the magical stone of forest spirits (elves).

It is said that, in business, emeralds can be used to promote sales and cash flow by visualizing the flow of green money into the cash drawer. When doing this cash flow visualization, it is said the money spell caster must wear a gold chain around the neck with an emerald attached and near the heart. The same process is used to attract love from another using a gold chain with emerald mounted near the heart. Visualizing it drawing the loved one near to you.

The emerald can be placed on the forehead in horizontal meditation, to open the third eye and put one in touch with the one mind. The stone has positive effects the psychic powers and is said to increase those powers when used in meditation on the fourth energy system, the heart. The wearing of an emerald bracelet on the left wrist is said to protect you when traveling from home or in forests.

Rubbing the closed eye lids and visualizing the green energy emanation into the eyes, is said to relieve tired and weak or bleary eyes and restore tired optic nerves. Emeralds were placed in silver or copper bangles to relieve arthritis of the hands, elbows and shoulder

ALEXANDRITE (June's Birthstone)

Specific gravity - 3.68 to 3.78

Hardness - 8.50

Can be cleaned in ultra-sonic cleaners (no longer than 3 to 5 minutes).

This is a color change stone and belongs to the chrysoberyl family of gems.

It is emerald green during daylight and a purplish red under artificial lights or twilight.

Chrysoberyl is known for its fine cat's eyes of greens and greenish yellows and grey.

Cat's eyes are very expensive and hard to find stones.

Alexandrite is well known as a extremely scarce and very costly gem. The quality of color change with different illumination is the primary basis for its quality and price. No more than one person out of 100,000 has ever seen a real one. They are now available as an artificially grown stone-and are still very expensive \$300.00 to \$500.00 per carat retail.

Stones over 5 carats are almost unknown. Brazilian gems tend to have pale washed out colors when cut. Recently a find was made in Ceylon of a limited number of crystals, these tend to be olive green in daylight and a blue-red-black at night.

A few are found from time to time in Brazil, Ceylon, Russia, and Rhodesia.

ALEXANDRITE History & Lore

Alexandrite was discovered in 1830 on the birthday of Alexander II in the rural mountains in Russia, and named after him.

ALEXANDRITE ~ Magical Uses

Magical Powers - Luck, Love, Change.

Alexandrite is a recently found gem and has few known magical uses.

RUBY (July's Birthstone)

Specific Gravity: 3.96 to 4.01

Hardness: 9.0 (2nd only to diamonds in hardness)

Can be cleaned in ultrasonic cleaners.

Rubies and sapphires are made of aluminum oxide (corundum). The red in rubies is caused by trace amounts of chromium. The redder the ruby, the more chromium. Some rubies are bicolored or multicolored.

Rubies grow in crystal form and belong to the hexagonal family of shapes, before cutting and polishing.

Rubies come from Burma, Thailand, and Ceylon. In biblical times, and prehistoric time, they came from Mogok and Burma. Ancient prehistoric tools and ruby chips found by archeologists give rise to this knowledge, and the mines of Mogok are still in operation.

In 1988, a 15.97 carat ruby sold for \$3,630,000.00, that's \$227,300.00 per carat. High quality rubies of one carat, are many times more rare than diamonds of one carat and can cost more.

RUBY History & Lore

This stone was given as offerings to Buddha in China and Krishna in India.

A common belief was that dreaming of rubies meant the coming of success in business, money matters, and love.

The ruby is thought to change colors (grow darker) when the owner was in danger or when a illness was coming. It was also thought that it would chase off the spirits of the dead and evil spirits not contained in hell.

In China and Europe, in the 10th century, dragons and snakes were carved in their surfaces to increase the flow of money and power to their owners, if today's prices are any indication (quality rubies cost from \$2000.00 to \$5000.00 per carat) and the owners receive a lot of money when they sell one.

RUBY ~ Magical Uses

Energy: Projective

Element: Fire

Deities: Buddha, Krishna, Various gods of fire down through time.

Magical Powers: wealth, protection, joy, sexual fire, prevents nightmares, attracts the opposite sex.

Deep ruby red has been used forever as protection and to convey invulnerability from attacks by road agents, evil ones, enemies of all types, jealous women or men, plagues, evil spell and famine. Soldiers wore them to battle to guard against wounds and to promote healing if they receive a wound. Rubies were used to capture a mate by both sexes and to light the passion of concubines and sexual partners.

When combined with gold and worn on the body, it is said they cause the body to rejuvenate and absorb energy from the sun and heal all types of body sickness and skin afflictions. They should be worn with gold to banish sadness or feeling drained or depleted.

Ruled by Mars, they are used for instilling courage when going to war or taking on enemies of any kind to insure victory and ward off wounds or death.

Star rubies, those rare and magical stones with six sided stars, are said to contain their own all seeing spirit who at all times wards off evil spirits and negative people. The spirit in the star stone is said to be the home of each persons angel who lives in contentment with the rubies spirit.

The ruby represents the sun power in Hindu ancient writings.

Rubies have a red aura. If you have one, take it outside and look at its aura, you can even see it in the dark. According to legend, a king in Burma had so many Burmese Rubies, when he took them outside, to gather moon light for them, they lit up the

sky above the city.

PERIDOT (August's Birthstone)

Specific gravity - 3.40

Hardness - 6.5 to 7.0

Do not clean in ultrasonic cleaners if it has visible inclusions.

The word peridot comes from the arabic word meaning gem.

Peridot shares with the diamond the distinction of being born in cauldron of volcanos, many found are over a billion years old. They are unique in the gem world.

Peridot is found in the United States, Norway, Red Sea, Burma, Ceylon, and recently Turkey. Other rare colors we have purchased and cut are yellow, brown, and orange (orange is extremely rare).

PERIDOT History & Lore

Two thousand years ago, in the Roman empire, peridot was call "olivine". Italian peridot is olive in color. American peridot is a light yellow-green.

Anciently, large chunks of peridot were found in Hawaii. These large pieces found their way around to the Egyptians, who made small drinking vessels out of them. They were used in rituals, the priests would drink soma from them. The soma would put them in touch with the nature goddess, Isis.

The breast plates of Solomon and the high Priest Aaron were said to carry them among the 12 stones to protect them from wounds and death in battle. These 12 stones were credited with the showing of true spiritual teaching by creating miracles of healing performed by the high priests.

Legend has it that King Solomon traded many cedar trees from Lebanon for 12 soma drinking cups and 144 liters of soma. The Egyptians made this trade for ramp logs to build their pyramids at Giza. King Solomon was said to have been made wise and

enlightened by the drinking of soma from the peridot cups.

PERIDOT ~ Magical Uses

Color - Light yellow green to olive green

Energy - Receptive

Planets - Venus

Associated Metals - Gold

Magical Powers - Wealth, Protection, Health, Sleep.

Peridot was said to ward off fevers and help in the healing of livers, brought on by the partaking of too much wine. Peridot was said to be useful for calming raging angers and nervous afflictions such as the shakes (palsey).

To be most effective, it should be mounted in gold, surrounded with small diamonds. The ancients said it guarded against illusions, enchantments, spells, night terrors, and in Egypt and ancient Europe against the all feared evil eye.

The ancient Romans used peridot to promote quiet sleep and ward off nightmares and wraiths. It contains all the powers of green stones.

The Mexican hill tribes still drink soma from green glazed cups to put them in touch with their ancestors' spirits and the nature spirits in their environment. Some native American Indians in Arizona, in their secret rituals, use tea made from peyote ground with peridot crystals.

South American Shamans use peridot to ward off snake bites and the evil spirits who have taken the form of mosquitos who bring the sleeping sickness. They say the heating of magic mushroom tea by peridot takes them on trips to the ancestor heavens where they obtain all of the knowledge of the other worlds here on earth (that mortals cannot see).

It seems that peridot has many powerful magical uses when combined with the vegatable herbs.

SAPPHIRE (September's Birthstone)

Specific gravity - 3.96 to 4.0

Hardness - 9.00

Clear sapphires have many of the same qualities of the diamond. They're corundum, without iron or other impurities.

They are found in the US, Australia, Burma, Thailand, and Ceylon.

SAPPHIRE History & Lore

Egyptians associated the clear sapphire with the eye of Horus, Greeks identified the white sapphire with Apollo and was used by the oracles at Delphi.

The stone was used by the Greeks to stimulate the opening of the third eye and to tap into the subconscious and super conscious overmind. Clear sapphires, like diamonds, are the guardians of love. When given to one another it enhances love for each other and tunes your psyches to one another. In the old days, it was used to banish envy and jealousy. It also promotes chastity in virgins and insures fidelity in marriage.

SAPPHIRE ~ Magical Uses

Energy - Receptive

Planets - Moon

Element - Water

Dietary - Apollo

Magical Powers - Psychism, Meditation, Love, Peace, Defensive Magic, Power, Money, Healing

Albertus Magnus of the thirteenth century states that when worn it cools the inner heat of anger. It is said to lessen the powers of the cast spells of evil ones or evil spirits, and was worn as a protection stone and to return any negative vibrations to the producer. Soldiers wore them to prevent capture by the enemies.

OPALS (October's Birthstone)

Specific gravity - 1.95 to 2.25

Hardness - 4.50 to 6.50 (depending on age and attending minerals).

Do not use ultrasonic cleaning (use soap and warm water with a soft tooth brush).

The word opal comes from the latin word meaning precious stone.

Opals are made of silica jell, layer after layer is added over millions of years.

Top quality fiery opals are rare.

Great care must be exercised when mounting - opal breaks easily when hit.

Opals are mined in Australia, Brazil, and Mexico. Quality opals with all the colors flashing and radiating their sparkling beauty are very expensive, \$200 to \$500 per carat for crystal opal. Black crystal opal can cost as much as \$500 to \$700 a carat in larger sizes.

OPALS ~ History & Lore

The Romans believed it was the symbol of hope and purity. They called opal "Cupid Paederos" (a child beautiful as love) and thought it kept the wearer safe from disease.

The Arabs believed that opals fell from heaven in flashes of lightning, and that's how they received their fiery color.

OPALS ~ Magical Uses

Energy - Receptive

Planets - All Planets

Element - All Elements

Deity - Cupid

Magical Powers - Astral Projection, Psychism, Beauty, Money, Luck, Power.

A quality opal has every color of every other birthstone. It can be used or charged with all the energies and powers of stones combined and can be used in place of any birthstone for any spells, rituals or any other magical needs.

Opals have long been linked to invisibility and as astral projection stones. They say it is an ideal protection stone when traveling astrally.

Opals are successfully used to recall past lives - look from color to color within the opal until contact is made with the physic mind. When this happens, move into that time period and experience the events.

The opal has long been used for those who wish to develop more of their mental capacities and open the unused powers of the mind. Opals are used to develop a more creative imagination.

Fire opals are often used in money rituals to draw funds to those who are in need, normally worn as a pendant on a gold necklace, one surrounded with 10 or 12 small diamonds is said to have excellent money drawing power.

Black opals are the tools of choice for magicians and wiccans for power projecting stones. Often worn with special shapes of gold jewelry to further enhance their magical properties and receptive or projective powers. They have been known for their projective powers for over fifteen centuries and have been used for their good luck bringing abilities. Anciently they have been worn near the heart on necklaces made of gold to ward off evil, protect one from the evil eye, worn by travelers for safe journeys to far away lands.

Opals have been ground up and used as magic potions to heal the body, ward off bad dreams, and used as energy enhancement tools. White opals, when used in rituals on a full moon night, is said to bring the moon goddesses powers to full fruition in the practitioner. The most magically powerful opals come from Lightning Ridge in Australia.

TOPAZ (November's Birthstone)

Specific gravity - 3.50 to 3.60

Hardness - 8

Can be cleaned using ultrasonic cleaners.

Topaz received its name Topazios, an island in the Red Sea. Topazios is the Greek word for to guess. The island was almost always covered in fog and hard to find.

Topaz is found in Brazil, Siberia, Ceylon and the United States. Heat treating and radiation takes clear topaz and turns it into all the blue hues we see. The colors that are created with heat treating are yellow, green, blue and pink. Most commercial topaz comes from Brazil.

Golden topaz with pink color hues is called precious topaz. It is in great demand and is expensive (\$200 to \$500 per carat) in the larger sizes - a rare and hard to find stone over 3 carats.

Yellow sapphire has all the attributes of precious topaz and, though it belongs to the corundum family, is used many times as the November birthstone because of its durability and hardness. Citrine is also used as the November birthstone. It belongs to the quartz family of stones, and has the attributes of quartz, many of the powers of amethyst (also a member of the quartz family).

TOPAZ ~ History & Lore

In the past, peridot and olivine were called topaz. All three stones were used to make the wearer become invisible, through meditation and ritual, and were thought to allow this invisibility to be accomplished in the astral body which normally can not be seen by others, unless they have studied and practiced the arcane art. There by increasing their perception ability to several vibratory levels.

TOPAZ ~ Magical Uses

Energy - Projective

Planets - Sun

Element - Fire

Deity - The Sun God

Associated Metal - Gold

Associated Stone - Tiger Eye

Magical Powers - Projection, Healing, Money, Love.

Yellow topaz is another gemstone that is used for protective purposes, specifically against envy, jealousy, intrigue, disease, death, negativity and lunacy. Mounted in gold it is said to enhance these properties, rings, wrist bracelets and necklaces with the stone next to the heart are thought to be the most projective.

When worn it is said that the stone relieves depression, anger, fear, greed and other negative emotions. It is also claimed as a projective stone against nightmares, restlessness and sleep walking along with regulation of the stomach and other digestive and internal organs. Because of it's association with gold, it is used to bring or enhance the wearer's gold and money gathering abilities long used for money and wealth rituals.

Wearing topaz is said to bring friendship, better and deeper relationships and enhance ones ability to give and revive love.

BLUE ZIRCON (December's Birthstone)

Specific gravity - 4.60 to 4.70

Hardness - 6.50 to 7.50

Can be cleaned using ultrasonic cleaners.

Clear color or white zircon is a substitute of the diamond.

Zircon is one of the most important gemstones. It appears naturally in transparent (colorless), red, orange, brown, yellow, and green varieties. Brown zircons are heat

treated to produce colorless and blue zircons.

Rose zircon is the name for European Rose Cut Zircon of any color.

Heat treated to bring out its lost color and energies. It has all the colors of the rainbow. Many of its heat treated colors are very hard to acquire, and can be quite expensive.

When heated, the color may change to blue. The breaking down of the lattice, or matrix, of the atomic structure causes the various shades of green and the other colors of the rainbow.

Found in Ceylon.

BLUE ZIRCON ~ History & Lore

The legend of Zircon began when Hyacin, the greek youth, was killed. A blue hyacinth flower grew from the spilled blood. The blue color of the zircon found in Greece matched the blue of the flower. Pliny, the elder, started this legend by his written comparison of colors.

BLUE ZIRCON

Magical Uses:

Energy - Projective

Planets - Sun

Element - Fire

Associated Metal - Gold

Magical Powers - Power, Protection, Love, Beauty, Peace, Sexual Energy, Healing.

The zircon, when worn, gives clear thinking and protection.

Yellow zircons are said to increase sexual energy and attract lovers, drives away depression, fits of sadness, and self-pity.

Used for business money rituals to increase cash flow and sales ability. Carried in traveling to protect and guard the person.

Orange zircon guards against jealousy and personal envy. Set in gold, its powers are doubled.

Smokey brown zircons are grounding stones and are connected to the earth, can be used to draw earth energies to one's self. Used as healing stones by South American mountain tribes.

Red zircon has all the attributes of rubies and is said to be a wealth enhancing stone and used to attract fiery lovers, as a protective stone, it wards off thieves and road agents bent on harm and destruction.

Many of the heated stones will gradually lose their color when exposed to sun light over the years. In other words, the sun has great power over this stone, and you could say it should be worn as a night stone and also possesses the feminine energies of the moon goddesses.

THE LESSER CRYSTALLINE SPHERE

The study of Crystal Gazing without a Crystal would appear very much like the study of a "Bill of Fare" without troubling to obtain the material food described thereon. The mere reading of a book on a subject of this nature without an attempt to put into practice the processes described -- step by step -- from the very beginning, is futile and a mere waste of time.

The first consideration, therefore (if the would-be seer has not already attended to the matter), will be the choice of a suitable Crystal to form the material basis of his experiments and a stepping-stone to the development of his latent powers of clear vision.

In all probability the aspirant to this ancient art has already been attracted to a Crystal Sphere of this nature, for there is little doubt of the extraordinary magnetic attraction of objects of this kind whenever they are exposed to our view, and since the present interest in this fascinating subject has become apparent, we may see these Crystals displayed more publicly than has ever been the case in the past.

In olden times, and even up to the last few years, crystals were the cherished possessions of those well advanced upon the Path and kept by them from the eyes of the so-called profane. Only after having found the way, often with difficulty, to the presence of these Seers, did an opportunity occur to get even a glimpse of such a magical link with the invisible spheres. Fortunately for the modern aspirant, however, this difficulty has been removed and it has been found that more good may result by a proper study of this science so as to develop one's own latent powers, than ever a mere visit to a Seer could produce. Man has made a considerable advance on the road to Attainment. Self-development and self-initiation are beginning to play a much more prominent part than formerly. Man is no longer content to believe what he is told, he at last desires to know from his own experience. The Crystal is a stepping-stone towards Self-knowledge. We should select our crystal with great care; the more perfect its quality, the more we should desire it as the means of our development. It should be neither too large, nor too small, and here our natural intuition should be allowed to guide us, but I may say that it is not well that the Sphere be less than two and one-half inches in diameter, and it is not necessary that it be more than four. We should choose this crystal, I might almost say, lovingly; at least, if a selection is presented to us we should take the one to which, after a moment of silent consideration, we feel most attracted; and this -- if possible -- regardless of the material consideration of its cost. We should not, however, purchase a globe which is far beyond our material means, so that other obligations would suffer thereby; otherwise, lurking at the back of our consciousness whenever we use it, may be the feeling of having acted wrongly in that connection from the very start. We must realize the importance of this advice, for the great attraction that the Crystal has for us is something more than the arousing of a mere idle curiosity on our part. It is no less than a desire -- subconscious it may

be -- to attain the same purity of soul that we perceive in the Crystal before us, and, as a matter of fact the results we obtain by a study and practice of this Art will largely, if not entirely, depend on the purity of our desire and the quality and state of development of our inner nature. That is why I am taking up the material consideration first of all, for after the crystal has actually come into our possession, our path lies away from such considerations, at least until we have attained the success which will surely attend our earnest efforts in the right direction.

Let us suppose then that the first step has been taken, a suitable Crystal has been obtained, and that the possessor has taken it into his own room -- the one he likes best and wherein he feels most contented and serene. The choice of this room is also of importance, though in this case we must make the best of what is at our disposal. If possible this room should be one wherein we have never had any particularly unpleasant experience, where there is nothing that we feel antipathy towards, and wherein are such objects as we love best of all our possessions. In such an atmosphere the soul of the seer will feel at peace, free from distractions, and consequently in the right mood to commence his studies.

The Crystal should first be taken in both hands and held for a few moments while we close our eyes and, calming the mind, raise our consciousness to the highest and purest Ideal of which we are capable. We should persist in our effort toward this state until we feel that holy calm and stillness, so well symbolized by the Crystal itself.

We should next turn our attention to the crystal, separating the thumbs slightly, thus allowing it to rest easily in the hollow of our hands. We should remember that we, too, rest thus in the Hollow of the Hand of the Almighty without Whose aid, our Work must come to naught.

As we look into the depths of this Globe -- material though it be -- we cannot but be impressed with ideas of Purity. It is almost as if we gazed

into the eyes of a little child, and there are few who have not experienced a peculiar sensation, almost amounting to awe, certainly one of wonder, when so doing. The soul of the seer is very like that of a little child -- or should be -- and it is in order that we may regain the purity and perfection of this child-like vision that we set out on this path. Most of our material surroundings give us a certain feeling of grossness, few, if any, can compare with the lucid depths of the crystal now before us.

But, in entering this path, we are about to deal with ideas and forces, finer and less apparent to our ordinary senses than any we have yet known. Even the transparent crystal is not as yet entirely pure, though we may be unable to perceive one spot on its surface or within its depths.

It is charged with a certain subtle magnetism attracted to it from the surroundings in which it has been prior to the time we obtained it. It has passed through many hands before, for a few moments, it rested in our own while we turned our thoughts inward and upward towards the Highest. Even as our own aspiration at that moment was pure, so must we first purify this symbol of our Inner-self -- the Diamond Soul as it is sometimes called -- for purification is the first step in the process whereby Initiation may be obtained. We must pass this material thing -- inorganic and lifeless though it may seem to us -- through the same processes of Purification, Consecration and Initiation, through which we in turn desire to pass. But how may this be accomplished? That is not so difficult as it might at first appear, but it is quite necessary for all that, and in order to impress this necessity on your minds I must first devote a little time to an explanation of the process.

Every material object, including the physical body of man himself, is but the outward expression of certain finer forms of matter which interpenetrate it. Thus in the case of man, we may say he is composed of body, soul and spirit, the soul, in that case, being the plastic medium which enables the

Pure Essence or Spirit to contact and communicate with the outer physical shell or envelope. This Soul of man -- and of the World -- is sometimes called "The Astral Light" or "Plastic Mediator", for unlike grosser substances it may be readily molded at will and without visible means. This Astral Light interpenetrates all objects, it is invisible to our physical senses, but its existence both in man and in all nature, makes possible the power of Clairvoyance -- Clear Vision -- as well as of Clairaudience and other powers the development of which does not come within the scope of the present treatise.

This subtle magnetic fluid is everywhere present, and reflected upon it -- as in a mirror -- may be found all the events or pictures of what has occurred, or what is occurring on this planet and even beyond this sphere. The Astral light absorbs every least impression, and so, even though not apparent to our normal and undeveloped senses, the astral counterpart of our Crystal Globe is still charged with impressions of all kinds that have accumulated within it since its material substance was first formed. It is because of its attracting these subtle influences that we wish to make use of it as a medium for bringing them to our own consciousness, but we must in the first instance demagnetize it, so as to banish all trace of the past influences which it still contains.

This may be simply accomplished as follows:

PURIFICATION

First place the crystal on a slender cup-like stand. (One may usually be obtained with the crystal in the first instance.) This stand should be placed on the surface of a small table, which has previously been carefully cleansed, and from which all other objects have been removed.

We may either stand or sit before this table, within easy reach of the crystal while we perform the first step towards the purification of our material basis. Next place the tips of the fingers of both hands together,

the thumbs being also joined, so as to form a circle -- symbol of infinity but also of a limitation or boundary -- then concentrate the attention on this circle until you clearly imagine, or actually feel, a film of fine astral matter, like the film of a soap-bubble, formed of the fine substance of your own astral and etheric bodies, spreading over the hollow space between your hands. As in the former instance, when your whole attention was turned within, this film should represent to you the highest and purest of which you are capable. A film of such purity that it will have the effect of dispelling or banishing every lower influence it contacts.

Having concentrated your mind in this way for a few moments -- and the ease with which this is accomplished is a good test of your powers as a crystal-gazer -- you must now slowly move your hands until they are directly above the crystal on the table, and still keeping your mind firmly fixed on the idea of this pure film of astral matter, pass your hands down over the crystal, thus causing it, in its turn, to pass clear through the magnetized circle of your hands.

When your hands reach the table at the base of the stand, they should be drawn apart, thus breaking the "film" and leaving the crystal above demagnetized of all that is of a lower vibration than your own highest ideal. It is then like a blank talisman, or a thing without life. If this first step has been successfully accomplished, the crystal will now give an impression of perfect 'cleanliness,' or that is the best description one can give of the proper result obtained by the process of purification. It must on no account be touched at this stage of the work.

The next process is to charge it with your own magnetism, thus consecrating it to the Work you wish to accomplish.

CONSECRATION

If the best results are to be obtained the crystal must now be consecrated or dedicated to the special mission for which it is destined. This mission

is a very important one, much greater than we at first imagined perhaps, for it is no less than that of representing to the seer his own Soul in the pure condition to which he aspires to bring it. For that reason, his material basis, the crystal, must never be used for any but the highest purposes. It is no longer an ornament that may be placed on the mantel-shelf, but something he is about to endow with his own life, to charge with his own highest Will. Thus it becomes something most sacred to him, no longer an object to be idly handled by the profane any more than he would allow his own innermost feelings and ideals to be thus roughly used by every passing stranger. This explains the attitude of the true Seer of the past; it is not so much that the Crystals they used became objects of superstitious mystery to the ignorant, as this sacred value to the Seer himself, which caused them to be so carefully preserved. Once we understand this, we shall adopt the right attitude towards our studies from the very start.

How then must we accomplish the Consecration of our Small Crystalline Sphere?

Leaving it just where it stands on the table before us we must next place the tips of our fingers and thumbs together, very much as before, but this time allowing them to form a perfect equilateral triangle. Our hands should be held in this position over the crystal, while we strongly concentrate our minds on the idea that a positive current is flowing from them down into the crystal. This current must again represent our highest aspiration in its purest form, but directed this time by our True Will. When we fairly feel this current flowing from our hands, they should be passed gently over the crystal -- still forming the triangle as before but gradually allowing the palms to encircle the globe, without actually touching it; then, when we feel impressed to do so as by an unseen force, we should gently but firmly grasp the crystal itself, lifting it from its stand, and allowing our hands to pass all over its surface. All this while the mind must be kept in the

highest possible condition of pure aspiration, as if we were giving our very life to this object, as indeed we are, for it now becomes more than a mere symbol of dead matter, it lives, and we have brought it to birth as a child of our Will. Henceforth it must be treated as such, as a sacred instrument, dedicated and consecrated to the service of the Highest.

And here a warning is necessary, though it will not be needed by the aspirant to this Art who has followed the directions hitherto given in the right spirit. This warning was also given by an earlier writer on this subject, John Melville, he writes:

"A sure and certain law exists, viz: - That if the seer's purpose be evil when he or she uses the crystal or mirror, it will react upon the seer sooner or later with terrible effect; wherefore all are strictly cautioned to be good and do good only."

This may sound rather like Sunday-school talk, but when explained in the light of the principles I have set forth above, it becomes clear, for we thereby charge the body of our "child" -- the crystal -- with a force which must inevitably return to us as its creator, quite apart from any question of outside influence from "beings" on other planes.

But he again reminds us that "The aerial spaces are thronged with countless intelligence's -- celestial, good, pure, true, and the reverse. The latter have force: the former possess power. To reach the good ones, the heart of the gazer must correspond, and they should be invoked with prayerful feelings. There are innumerable multitudes of the bad on the confines of Matter and Spirit. These malign forces are many and terrible; but they can never reach the soul that relies on God in perfect faith, and which only Invokes the Good, the Beautiful, and True for noble purposes."

Here we have many fresh ideas that need to be dealt with more fully in their proper place, but the advice is good, and the warning necessary to those who, with the best intentions, may through ignorance of their own nature,

and that of the Universe in which they live and move and have their being, imprudently attract to themselves forces of evil too great for them to withstand, thus bringing about obsession, madness or even worse, through use of wrong methods.

INITIATION

This stage in the process of the preparation Of our crystal has been partially accomplished in the previous section of the work. We have really CONSECRATED the object by determining to use it only for the one work before us and for no other purpose, and we have at least partially INITIATED it by charging it with our own Will and Life. Initiation means a beginning and we shall have made a good beginning If the above instructions have been carefully and faithfully followed. An elaborate ceremony might have been adopted, but since we are ourselves only making a beginning of the Work, such a Ceremony, even if described would have appeared cumbersome and unwieldy. As it is the merest novice has no excuse for neglecting the few simple rules laid down, which in the end, will be seen to have a far greater importance than is at first imagined.

If we start rightly we shall continue rightly, but a false start practically ruins our chances of success.

Enough has been accomplished for the moment, and the next step is to leave the crystal alone for a short time, not to start to use it immediately. This will be a test of patience, for one thing, and we shall need all our patience in order to succeed fully.

But, as with a new born babe, we must not leave our crystal unprotected. It should be carefully wrapped in a piece of silk obtained for the purpose and likewise dedicated to that end. Rose-pink is perhaps the best, as if to suggest our pure love of this "object" we have so carefully prepared. Outside that we might well place "Grey" and finally "black" silk wrappings. If this seems too elaborate, use a piece of pure black silk only, and

whenever the Little Crystalline Sphere is used, first polish it carefully with this same silk wrapper.

Now put your crystal away, and read the next Chapter carefully before attempting to use it further.

The Crystal Grid

A crystal grid can be created and charged with Reiki or other healing energy, which will then continue to send energy to heal, protect or manifest a goal for 24 hours or longer after is charged. In addition the Crystal grid can be used by your guides and higher-self, as a bridge to transmit healing and help you and your clients.

To create your Crystal grid you will need eight clear quartz crystals. Choose them with care and sensitivity for their intended purpose, allowing your intuition to guide you to them. Your crystals should be cleansed before use, by placing them in rock or sea salt water for 24 hours. Say a prayer over them after they are in the water, asking that they be purified for your highest spiritual purpose. You may also attune them to the creative energies of the earth, sun and moon by placing them part way in the earth with the tip pointing up during the three days of the full moon. Do this in a place where the light of the sun and moon will shine on them. Say a prayer at this time asking that the creative forces of the earth, sun and moon will assist you in your highest spiritual purpose.

Next you must prepare a place for your Crystal grid. It should be in a place that only you have access to, or at least a place that is in

your space. It could be an altar or a sacred place in your home on a desk top or shelf.

From the eight crystals select the one that seems the strongest and is the most Yang or contains the most male energy. This will be your master charging crystal. Then place six of the crystals at equal points around a circle about 12" in diameter pointing inward. This will create a hexagon or six sided figure. Place the last crystal in the centre pointing to one of the others. For your central crystal, you may also choose to use a double-terminated crystal, a cluster, a pyramid or crystal ball. Play with the arrangement until it feels right.

Take a picture of yourself and sign your name on the back. Also draw your Reiki symbols on the back along with their names. (Or symbols from your own healing system.) Include an empowering affirmation such as: " I am perfectly protected and healed now on every level of my being, so that my greatest spiritual purpose is completely fulfilled." Or "I allow the love and wisdom of my highest spiritual guides to protect, heal and empower me to fulfil my true spiritual purpose." Or Higher-Self, guide me and heal me so that I might be of greater service to others". Or "I allow myself to heal so that my healing energies become stronger and stronger." Use any of these or any combination, or use your own creative intuition to make up your own.

After your crystals have been purified, you know how you will arrange them and your picture is prepared, your next step is to charge your crystals individually and channel healing energy into each one for at

least ten minutes. As you do this, say a prayer asking that your highest spiritual guides attune to the crystal so as to assist you in your work and in the high spiritual purpose of the Crystal grid. Also ask your highest guides as well as the angels and archangels to work with you in charging the grid. You can also do a Reiki attunement on each crystal if you have taken Reiki III to give them an even greater charge of higher frequency energy.

As you charge each crystal, place it in its proper position in the grid. After the crystals are in position, do not move them as this will weaken their energy connection. Then charge your master crystal in the same way.

The master crystal is to be used to keep your Crystal grid charged. Charge it with energy in the same way as the others. Then while holding it in your right hand begin drawing out pie sections above the grid imagining energy coming from the master crystal and charging the grid. Start with the central crystal and move out to an outer crystal then across moving counter-clockwise to the next outer crystal and back to the centre, then back out to the same outer crystal you went in from and so on. Making pie shaped movements and moving around the grid in a counter-clockwise direction. As you do this, repeat an affirmation/mantra of power, such as: "I empower this grid with light, with light, with light, to heal, to heal, to heal. I empower this grid with love, with love, with love and wisdom, wisdom, wisdom, to heal, to heal, to heal. I call on my highest spiritual guides now to attune this grid of light, light, light, to heal, to heal, to heal, with love, with love, with love." Again feel free to use your creative intuition to create empowering affirmation/mantras

that feel right for you.

Meditate with your master crystal grid each day and use it to charge your Crystal grid each day. If you miss a day or two do not worry, however for your Crystal grid to remain activated, you must work with it regularly. For greater strength and effectiveness, do your meditation while holding your master crystal, and end the meditation by projecting your healing symbols or energy into your master crystal, then use it to charge your Crystal grid.

If you have a person you would like to send healing to, or a project or goal you would like to empower with healing energy, write it out on a piece of paper and draw out your symbols. Then heal it between your hands and place it within your grid. Your grid will continuously send loving energy to heal the person or manifest the goal.

Crystals can be used to assist women of all ages and in all stages of healing. The awakening of the Self to a spiritual journey is not an easy task. It can demand much time and resources to achieve self-development and growth. Some choose not to undertake the risks and perils of peeling off our defences to become fully human and alive, and to experience the full wealth of life.

"Isis Unveiled" is a term which refers to the Egyptian goddess whose face and form was covered with a red cloth, symbolic of the ignorance and emotionalism that stood forever between a person and Truth. To the wise, Isis lifts her veil, dispelling and revealing the mysteries of the Universe. The inner journey becomes sacred to those who can withstand the intensity of full consciousness.

Crystals have a healing role to play in this fantastic journey. Like the mysteries of a woman's consciousness, crystals help to contain the inner processes of "Isis Unveiled", and help to prepare the unveiling of female consciousness through healing all levels of her being. Crystals provide protection and give sanctuary for the deep

healing a woman does within herself. I have listed a selection of ten crystals and gemstones from a group of forty-four that are useful in healing women and women's issues.

Amber

A "Gentle Stone". Amber is very soothing and calming to the nerves. It can uplift a negative disposition and encourage you to take life less seriously. It promotes fidelity in relationships. As a self-healing stone, amber guides the emotions into a clearer mental outlook and to take greater responsibility for one's choices in life. It is also excellent for soothing emotions during post-operative care. See also Jade.

Amethyst

A "Master Healing Crystal". Amethyst purifies and transmutes negativity. Amethyst provides protection and balance during transition periods. It reduces the feeling of being victimized, giving you a spiritual perspective on life's circumstances. The lavender-pink colour amethyst relates to the Heart chakra, to open and lighten up a betrayed heart and to heal the sense of loss of life and innocence. The blue-red colour amethyst promotes a deep spiritual connection between one's self and one's life challenges, supporting the challenge one has taken on, giving patience and calmness despite overwhelming odds. The Chevron Amethyst (banded white and purple) helps peel off old karmic patterns to promote self-love and the ability to get along with others especially with one's Soul Mate or family members.

Apache Tears (transparent Obsidian)

The "Grief Stone". Apache Tears allow for tears to be shed, stimulating emotional spontaneity and the release of barriers that prevent you from experiencing deep sorrow. This stone is excellent for transmuting one's own negativity under stressful situations. The Apache Tear is a dark black stone of obsidian and when held up to the light appears transparent. However, it has been noted that the grief one feels goes into the stone and can turn it opaque.

Coral - Red Coral

A "Woman's Stone". Red Coral quiets the emotions and dispels feelings of despair and despondency. It encourages a passionate energy, and stimulates and strengthens female reproductive organs through tissue regeneration. This stone relates well to the Spleen meridian for blood circulation, and to purification of the kidneys and bladder. Red Coral is considered to be "The Blood of Mother Earth" by Native Americans and is considered particularly precious by Tibetan women for menstruation and fertility.

Garnet

The "Sex Stone". Garnet strengthens the life force and provides for the spontaneous availability of energy when needed. This gemstone is especially good for the restoration of victimized and abused women, helping them reclaim lost power. It promotes regeneration of emotional energy and the acceptance of one's thoughts and emotions. Garnet stabilizes energy devoted to accomplishing one's purpose. It also empowers and strengthens the Root and Navel chakras. Garnet heightens sexuality (the physical aspects) and increases fertility.

Jade

A "Crystal of Tranquility". Jade soothes the emotions and helps keep the peace for community relations. It provides a sense of self-worth, self-sufficiency and capability in dealing with any situation. Jade promotes harmony, balance, and tranquility through emotional detachment. Jade is excellent for recovery after an unpleasant experience (minor surgery, divorce, funerals, loss of job). See also Amber.

Jasper

A "Nurturing Stone". Jasper makes it easier to use one's own power and to know that it cannot be taken away. It calms aggressive energy, and facilitates safety and protection during recovery periods (e.g., from stress, operations, and other life traumas). Red Jasper provides lively fresh energy and reduces feelings of being victimized. Yellow Jasper balances hormones and protects during travel. Green Jasper restores energy and focus during recovery from burnout.

Rose Quartz

"The Love Stone". Rose Quartz is a Master Healer and transmutes emotional negativity at all levels. It enhances meditation and healing by harmonizing and balancing energy fluctuations. Rose Quartz embodies the expression "Love Conquers All". It is excellent for calming the Heart and Solar Plexus chakras after situations involving emotional upheaval, chaos, trauma, or crisis. Rose Quartz allows love to come to the wearers who have trouble finding love within themselves to give to either themselves or to others. This is also a great friendship stone to give to someone you care for.

Smokey Quartz

The "Emotional Balancer Crystal". Smokey Quartz clears and transmutes negative emotions. This crystal is an excellent stabilizer for mood swings and grounds all kinds of negative energy. Excellent for PMS sufferers and other cranky persons. It is an excellent crystal to use in times of stress, and to rebuild emotional burnout by offering protection during the healing period. Smokey Quartz reduces the fear of failure, unblocks self-limitations, and lets you risk trying some new experiences.

Sodalite

"A Stone of Peace". Sodalite helps alleviate insomnia caused by overactive mental chatter. It helps to dispel irrelevant thoughts, provides mental focus, and maintains logical reasoning with regard to emotional upsets. Sodalite promotes issues of trust, enhances companionship and the commonality of goals with others. It is excellent for busy women who find no time for peace, who need to relax and to restore one's mental energies. [Sodalite is actually a "rock" composed of several types of micro-crystals.]

Crystals and gemstones have often been worn by men as jewelry, or to decorate formal suits to signify their official or regal status in society. In ancient times polished crystals were embedded on shields for protection during battle. Carved crystal amulets offered protection from poisoned wine. Gem and crystal crafting today is still almost exclusively men's work. However, the use of precious metals and gem synthetics has slowly replaced the use of gemstones in popular men's jewelry. The use of crystals for healing was popularized in the tale of England's King Arthur with his wizard, Merlin, who lived in the Crystal Cave.

If you feel awkward about wearing crystals dangling down in front of your tie in public, and are not inclined to be an "urban shaman", here are some suggestions:

Wear your healing crystals in a medicine pouch (a pouch on a string) and tuck it down inside your shirt. Try to select crystals that are relatively flat, and your pouch will go unnoticed. Place your crystals inside a small pouch and drop it into your breast pocket to help heal your Heart.

For the office or workplace, leave your stones out as decorative objects. If anyone asks, you can say you are a collector, or you are buying it for your kids as part of their geology class.

Keep your crystals loose inside your front pants pockets, and hold them for a while several times during the day.

At night, leave the crystals next to your bed or under your pillow. Remember to cleanse and recharge your crystals at least once a month.

I asked a number of healers (both men and women) about what they felt were the healing issues for men. The responses are grouped as:

social isolation

stress-related

emotional health

intuition

communications

health issues

self-esteem and power

communication Amethyst

A "Master Healing Crystal". Also called "the Royal Stone". Amethyst's most noted healing quality is its ability to purify and transmute all forms of negativity. Get a large Amethyst crystal cluster for your home or office to protect yourself from hostile energies around you. If anxiety causes shortness of breath, put the cluster on or near your chest and breathe slowly for a few minutes to lessen the symptoms. Consider a large, well-set amethyst gemstone ring to enhance your personal magnetism and to provide mental clarity. Amethyst is also helpful for migraines, arthritic pains, and connecting to one's spirituality for guidance.

Garnet

The "Sex Stone" - Garnet strengthens and restores physical and emotional energy lost through constantly ensuring the protection and welfare of others. When you feel a bit lost or abandoned in the chaos of daily life, Garnet helps to provide the needed grounding and empowering to become more decisive and committed to a direction. Garnet is well-known for enhancing and regenerating one's sexuality (the physical aspects). For best effects, tape a small half-inch piece at the Hara centre - one and one-half inches below the navel - and wear it overnight.

Jade

A "Crystal of Tranquility". Also called "the Sport Stone", promoting agility and swiftness. Many men from the Far East know the benefits of wearing Jade. Some will tell you that it is for their health, and how the colour of the Jade gets darker with

good health and lighter with declining health. Jade soothes the emotions, and provides emotional detachment and restoration after various traumas such as minor surgery, divorce, funerals, or loss of job. Some say it is for good luck. Jade is a stone which is easily obtained in most city centres and can be openly worn as a pendant.

Rose Quartz

"The Love Stone" - Rose Quartz is another Master Healing Crystal that specializes in transmuting emotional negativity at all levels. It enhances one's ability to give and receive love, by opening the Heart chakra and stimulating greater flexibility in communications. It mellows out a reluctant Heart, and provides peace in relationships through harmony. Rose Quartz is used for meditation, as it stills one's aggressive thoughts and provides mental tranquility. It can heal a broken heart very quickly too.

Smokey Quartz

The "Emotional Balancer Crystal" - Smokey Quartz is a very specialized crystal for negative emotional energy. This crystal is excellent for mood swings, aggressive actions, ill temper, and generally nasty thoughts. It grounds all kinds of negative energy. This stone is helpful for burnout, fear of failure, reluctance to take risks, or wanting revenge, as well as for tendencies to over-eat, smoke or drink due to stress. It helps you accept responsibility for yourself, and to broaden your capacity for effective communication by dissolving self-limiting perceptions.

Diamond

"The King of Crystals" - Diamond intensifies and activates one's internal energies through its purity of vibration. The better the quality of Diamond, the better one's own personal qualities and actions. When freely given, Diamond power becomes activated and can be used for manifesting abundance and increasing personal self-esteem. It is a token of one's love to another, and both enhances and radiates the beauty of the wearer. The Diamond is also known for invincibility, representing the life force (prana).

Hematite

"The Stress Stone" - Hematite is a versatile metallic-like crystal used for enhancing one's logic, mathematical abilities, rational thinking and depth of technical knowledge. It grounds creative energy to make one's thoughts more practical and focused. As a "Stress Stone", Hematite reflects negativity back to the sender, so you don't end up with someone else's stress. For backache or leg cramps, use surgical tape to fix a few pieces onto painful areas. The crystal's energy is like a magnet and effectively draws out pain related to muscular or joint alignment problems. Hematite is also used to reduce insomnia.

Lapis Lazuli

"The Stone of The Pharaohs" - Lapis Lazuli is well-known as a favorite stone used in the courts of the ancient Egyptian Kings. Lapis means "stone" and Lazuli means "blue". This deep blue stone is used for stimulating mental strength and intellectual precision. Lapis is a consciousness elevator, raising one's awareness to new heights and to greater expansion. It brings feelings of success and connectedness and protection. For intuitive people, Lapis intensifies psychic power.

Malachite

"A Man's Stone" - The deep forest green of Malachite is symbolic of the deep healing and cleansing this stone provides. It can aid in breaking down old patterns, whether emotional (stuck patterns of behavior) or physical (tumors, swollen joints, muscular). Malachite promotes business relationships and the increase of wealth by removing obstacles to one's growth. The most important aspect of this crystal's healing ability, however, is for the preventive health of the physical heart and liver. If you are attracted to this crystal, chances are you have a family history of heart-related problems and probably need a heart check-up.

Moonstone (Adularia)

"The Feminine Balancing Crystal". To soften and balance dominant male attributes with some feminine qualities, Moonstone provides for a depth of perception and feelings, discernment, creativity and self-expression. Other properties of Moonstone - increases awareness and focus, releases one's intuition, has rejuvenating qualities for the skin and hair (baldness?), reduces water retention, and provides protection for travelers. Moonstones increase their powers before and during the full moon, so leave them out at night to soak up the moon's rays.

Crystals are truly gifts from the Earth. Children seem to have a natural attraction to pick them up and fully explore any kind of stone or crystal. They will often use all their senses, seeing what the crystal looks like, feeling the texture with their fingertips, or even rubbing the crystal against other parts of their body. They are curious to know what it sounds like when the crystal drops on the ground or plops into water, what it smells like and tastes like.

Some children use their psychic senses, telling what the crystal is saying to them; or they will mysteriously use the crystal for healing without any instructions. Children can respond very quickly to the healing energy of crystals. However, please consult the best available qualified medical help on the care of your children and use your common sense in regards to your children's health and wellness.

Take your children to a rock shop, gem and mineral show, museums as well as to areas of high mineral content (check a geological survey map) such as quarries,

caves and mines. Let your children pick crystals for themselves. Often they will select a crystal that is helpful to their healing process. One four-year-old girl I met selected an Apache Tear, used for the grieving process. The little girl, clutching it in her hand, remarked, "Oh, I want to wear this all the time!" I asked the mother if there had been a death in the family recently. Astonished, she replied, "I just lost my brother four weeks ago, but we didn't tell her". The girl was obviously sensitive to the family's sorrow and needed some protection from the feelings of others around her.

I have listed some crystals to help in your child's healing. Let your child carry the crystal in his or her pocket, or place 1 or 2 in a small medicine bag around the neck. Let your child even sleep with his or her special crystal. Crystals often get lost or misplaced by children, so you might want to have a few extras on hand.

Amethyst

A "Master Healing Crystal". Amethyst's most noted healing quality is its ability to purify and transmute all forms of negativity. For children "in transition", whether it be a growth spurt, a major disappointment such as failing a grade, or even hearing the devastating news of divorce or death, Amethyst accepts all negative emotions and provides comfort through spiritual acceptance. For children with various disabilities or with either physical or emotional pain, an Amethyst cluster in the room will help clear unwanted discharged energies, bringing the room back into a balanced state. For local pain, hold an Amethyst directly on or over the area for up to 20 minutes.

Apache Tear

The "Grief Stone". Apache Tear is actually Obsidian and is very dark but transparent. When you hold a small piece up to the light you can see through it. However, if you have been using the Apache Tear to absorb negative emotions, you will see it cloud up and become opaque. Sometimes it will clear up after the grieving is over.

Aventurine

The "Leadership Stone". Aventurine strengthens and restores the Heart energy, providing a balance of male and female energies. This crystal is green and very loving, embracing, and protective of the Heart. Many children who are shy, timid, or suppressing their leadership qualities need a crystal like Aventurine. This stone helps the individual to become active and to initiate action on their own accord. Asthmatic children seem attracted to this stone as it opens up the lungs and they experience a sense of relief.

Carnelian

A "Self-Esteem Crystal". Carnelian is used to help restore feelings of inadequacy and low self-esteem. The deep orange colours relate well to strengthening and blending the 1st, 2nd, and 3rd chakras, promoting self-security and self-love. The pinker shades relate to enhancing love between child and parent, through self-acceptance. This crystal is also used for dermatological ailments such as acne, by holding the stone over the skin and moving it in circles for several minutes, several times a day.

Clear Quartz

The "Healing Crystal". Clear Quartz is a general all-purpose healing crystal. Each Quartz crystal has its own energy signature and healing mission. When a child makes contact with the right crystal, the energy is discharged either very slowly, or quite suddenly so it feels like a very mild electric shock. This natural energy can be just enough to transform a disharmonious thought pattern, burn off some negative emotional state, or even place the spiritual seeds of one's future into consciousness. Using a cluster of Clear Quartz crystals for children is particularly nice, as so many different types of crystals (record-keepers, transmitters, channelers, etc.) are included. There's a crystal for any occasion! Crystal clusters are also helpful to organize scattered thoughts and to deflect negative energies.

Rose Quartz

"The Love Stone". Rose Quartz is another terrific general healing crystal for children especially for those who have a lot of hurt feelings or aggressive tendencies. Rose Quartz can soothe a broken heart shattered by seeing raw Reality - the ways things are, rather than the way one wants them to be. For hyperactive children Rose Quartz soothes erratic emotional states, anxiety, fear, compulsions, and many other mental disorders. Some neurological benefits have also been noticed with muscle spasms relaxing when Rose Quartz is guided over the nerve centres. For young hearts, Rose Quartz helps to keep the Heart chakra open, vital and protected, filtering in good energies and keeping out the bad.

Lapis Lazuli

A "Psychic Balance Stone". Lapis Lazuli is an incredible stabilizer for children who show psychic gifts early in life. The deep blue colour stimulates expansion of consciousness in a supportive way, promoting purification and clarity of spiritual insight. Lapis Lazuli provides self-acceptance of one's given gifts and encourages openness of one's spiritual awareness. This stone is highly prized for its protective powers and stimulation of all psychic senses.

Jade

A "Soother of Emotions Stone". Jade is easily obtained and can be openly worn by children as regular "jewelry". Emotionally sensitive children often need a supportive system to ensure that their feelings do not overwhelm them. Jade enhances confidence, self-assurance, and self-reliance. Jade is very inspirational in helping one

achieve one's desires in life. This stone is often available from a Chinese goods merchant and is often sold in the shape of thin coins.

Tiger Eye

A "Grounding Stone". Tiger Eye has thin rutile inclusions, and when rocked back and forth the light reflects in a certain way as if the tiger's eye were winking at you! Let your children explore this fascinating stone and help them find the flashing Tiger's Eye. This stone is excellent for grounding psychic energy and providing security for opening up the psychic centers. Sometimes children get carried away and get lost in their dream world. Tiger Eye helps to pull them back into their bodies (after astral travel). This stone is very useful to put action to one's thoughts. Tiger's Eye is about being practical. Perhaps every parent needs one for their child before trips to the shopping mall.

Pyrite

A "Protection Stone". Iron Pyrite comes in many different shapes, from sun discs to cubes. Children are attracted to its shiny brassy surfaces. Pyrite is like a small mirror; negative energy is rejected away. The terror of being unprotected is reduced. There is also a feeling of physical empowerment, that life in the physical form is perfect, and love is abundant.

Summer Stone Magic

Summer has always been a season of Magic. Perhaps it is because Mother Earth is working her Magic all around us with the loving warmth of Grandfather Sun.

Flowers bloom to provide beauty, fragrance & sometimes fruit for our bodies.

Animals quickly raise their young, hoping to prepare them for the inevitable Winter. Humans are busy decorating interstate highways with orange barrels and families rush through weekend projects to improve their homes.

All relations are doing what they need to do to make life happen. This is the message & energy of Fire, the element that rules the Southern quarter of the Medicine Wheel. To Do. Put the wishes & dreams that live in your heart into

motion & begin doing instead of just dreaming.

Have you been putting off an important project because you felt you lacked the energy to follow through with it? Take advantage of Fire's strength by moving forward & make your plans real. Once you have started, you may discover a limitless well of energy to draw from.

Honor Mother Earth & the Creator that gave us this beautiful world by working in ways to heal the planet. Join a local clean-up program for creeks, rivers, lakes or roadways in your community. Help build a home for those without, join a recycling group or sign up for a committee working to preserve our natural resources.

While you are working, do not forget to take time to play. Summer is the time to reward your inner child, or share the world with the children you are raising. Remember the Fire in Winter's hearth. Doesn't the flame also dance & play with the Air while it does the work of turning wood to warmth?

Here are some gems & crystals that can help enhance your work with Fire energies and give you that extra push for getting through your big projects this Summer:

Aquamarine:

Teaches you responsibility and organization. Keeps you focused on your goal, so that you remain persistent in spite of setbacks. Aids in communicating your ideas and goals.

Aventurine:

Stimulates opportunity, improves your leadership skills and helps you respond

to challenges on an instinctive level - allowing you to make quick, confident decisions. Use green to give Heart to your efforts, pink to keep stress levels low, blue for effective communication or white for protection surrounding your efforts.

Bloodstone:

A wonderful stone for extra courage, it also strengthens your resolve and can help lower stress. It improves technical or creative talents

Citrine:

A survivor's stone, it imparts courage when the chips are really down. The crystal brings wisdom for making good decisions and helps remove self-imposed obstacles.

Emerald:

This gem is especially helpful in large work situations, it promotes harmony within the group and helps them work together for solutions. The crystal also increases your own mental skills and focus giving you the tools you need to overcome challenges.

Garnet:

One of my favorite business stones, it attracts good news, stimulates success in business and helps keep your energy levels balanced.

Pyrite:

This Fire and Earth mineral increases self-confidence while allowing you to stay grounded in reality. It illuminates opportunities and obstacles and helps you see clearly how to take advantage of, or conquer situations.

Sunstone:

This fire crystal boosts self-confidence instilling an inextinguishable joy-of-life. It helps you to quit blaming everyone and everything else for your failures, allowing you to move ahead towards success. If your attitude needs an adjustment, Sunstone works much better than other recommended methods.

When the Medicine Wheel turns South and we enter the Season of Fire, now is the time to act, to do that which your heart most desires.

STONES AND THE PROPERTIES THEY OFFER HUMAN BEINGS

- a.. AGATES~attracts strength and courage.
- b.. AVENTURINE~stimulates opportunity and motivation.
- c.. AMAZONITE~encourages faith and hope.
- d.. AMETHEST~stimulates intuitive awareness.
- e.. AQUAMARINE~For travel on water and calms tension.
- f.. AZURITE~stimulates mental powers.
- g.. CHRYSOCOLA~calms emotional stress.
- h.. MALACHITE~stimulates mind power.

i.. CHRYSTALS~elevate thoughts, promotes good habits.

j.. EMERALD~promotes creativity, stimulates truth.

k.. JADE~for practicality and wisdom.

l.. JASPERS~emotional security, protects against stresses.

m.. JET~prevents depression.

n.. LAPIS~wisdom and truthfulness.

o.. OBSIDIAN~protection.

p.. PERIDOT~balances, wards off emotional stress.

q.. RUBY~strengthens immunity, gives courage.

r.. TIGER'S EYE~ helps to broaden vision.

s.. TOPAZ~for creativity, communication, regeneration.

t.. TOURQUOISE~strengthens entire body and enhances meditation.

u.. COPPER~prevents a negative attitude.

v.. GOLD~promotes self acceptance.

w.. SILVER~promotes self improvement.

STONES AND METALS COMPATABLE WITH THE BIRTH MONTH

a.. JANUARY=Onyx, Quartz, Beryl, Jet, Garnet, Obsidian ((Gold-Silver))

b.. FEBRUARY=Blue Sapphire, Lapis, Aquamarine, Amethyst ((all Metals))

c.. MARCH=Diamond, Tourquoise, Jade, Tourmaline, Bloodstone ((Silver))

d.. APRIL=Ruby, Red Jasper, Carnelian, Coral, Diamond ((Gold, Bronze))

e.. MAY=Emerald, Golden Topaz, Lapis, Azurite, Agate ((Siver, Gold, Copper))

f.. JUNE=Chrystal, Aquamarine, Alexandrite, Beryl, Pearl ((Gold, Silver))

g.. JULY=Ruby, Moonstone, Pearl, Green Tourquoise ((Silver))

h.. AUGUST=Amber, Sardonyx, Ruby, Peridot ((Gold))

i.. SEPTEMBER=Pink Jasper, Rhodochrosite, Azurite, Sapphire ((Gold))

j.. OCTOBER=OPal, Fire Agate, all Agates, Tourmaline ((Gold))

k.. NOVEMBER=Topaz, Garnet, Coral, Ruby, Zircon ((Gold, Silver))

l.. DECEMBER=Amethyst, Malachite, Zircon, Tourquoise ((Silver, Gold, Copper))

VIBRATIONAL PROPERTIES OF THE STONES COLOR

RED~stones promote strong physical and emotional energy.

PINK~stones influence self-esteem and supports a loving attitude.

ORANGE~stones stimulate motivation, goal and direction focusing.

YELLOW~stones stimulates communication.

GREEN~stones balance and act as an emotional soother and general healing.

BLUE~stones influence the intellect and creativity.

PURPLE~stones help with sensitivity and intuitiveness. brings power.

BROWN~stones bring security, stability, prevents fears and stresses.

BLACK~stones bring protection from invading or intruding energies.

STONES FOR THE FINGERS

((((Directional stones for your :

(((POINTER OR INDEX FINGER..Lapis Lazuli~for personal wisdom.

Shells, Mother of Pearl, Garnet, Moonstone to stimulate love of self.

Carnelian~for goals, actions and achievements.

((((Intuitive stones for the MIDDLE FINGER

Amethyst~for creativity and inspiraion.

Crystals and Sapphires~to inspire higher goals and directions.

Ruby~to enhance self beauty.

((((creative stones for the RING FINGER..

Diamond~for love ties.

Emerald~to stimulate creativity and new ideas.

Tiger's-Cat's eye~to focus creativity in the right directions.

Moonstone~to express love.

Tourquoise~ to combine intuition with practicality.

Opal~to stimulate your humanitarian goals and actions.

((((Change agents for your LITTLE FINGERS.

Pearls~for better organizational habits.

Tourquoise~to relax the mind and nervous energy.

Aventurine~to bring new opportunities.

STONES AND CRYSTALS

Stones have been used for centuries in healing, divination and emotional well-being. On this page are some of the main ones and the properties you may expect from them. It is said that stones will lose their general appearance when they have been used up. Many people like to charge their stones on the Full Moon - place them in your garden or on a windowsill in the light of the moon. One way to get the most from your stones is to also meditate on what you want from them before using, wearing or carrying them - sort of "charging" them like a magickal battery!

AMETHYST - peace, happiness, joy, protection, sleep, divination, love, calm, low self-esteem, getting things in perspective, blood disorders.

AMBER - healing, good fortune, love spells, memory, the higher mind, the throat and glands, mouth problems such as toothache and ulcers, the head, the womb, bladder problems.

AQUAMARINE - calm, tranquility, divination, sadness, grief, stress

AVENTURINE - calm, meditation, relaxation, clear thought, money, success, luck, eyesight, hearing.

BLOODSTONE - health and wellbeing, opportunity, freedom, success, blood disorders.

CARNELIAN - intelligence, wisdom, health, focus, protection, libido, hypnotic regression, happiness, easing depression, tiredness, skin diseases and disorders.

CHALCEDONY - protection, courage, dealing with authority, calm

CORAL - love, wisdom, banishing fear and depression

DIAMOND - love, peace, joy, nightmares, sadness, mental illness, strength

EMERALD - harmony, protection, memory, money spells, emotional luck, banishing anger and worry.

HEMATITE - grounding and centring concentration, healing, banishing negativity

JADE - common sense, intelligence, love, wellbeing, bladder problems

JASPER - courage, luck, healing, money spells, epilepsy and fevers

JET - health and healing, prophecy, magick, nightmares, bladder and bowel disorders

LAPIS LAZULI - love, compassion, empathy, prophecy, divination, banishing fears, sadness, depression, fever, skin conditions, prevent miscarriage

MALACHITE - luck, love, balance, cholera and colic prevention

MOONSTONE - peace, reunion, protection, divination, passion, treats female hormones and obesity

OBSIDIAN - grounding, divination, binding spells

QUARTZ - purification, psychic work, protection, negativity

ROSE QUARTZ - love, friendship, dealing with authority and the law, harmony. One of the most versatile stones.

RUBY - joy, happiness, sympathy, empathy, understanding, material gain, power,

success, ambition, averting danger, sadness

SAPPHIRE - divination, meditation, luck, prosperity, concentration, money spells, working with animal spirits, healing

TIGERS EYE - luck, fortune, energy, prophecy, money spells, beauty, depression

TOPAZ - love spells, treating grief, anger and greed, lust

TURQUOISE - opportunity, friendship, money spells, love spells, happiness, preventing accidents. Many people believe it should only be given as a gift

Stone Correspondences

Amber- Protection, magickal workings, solar energy (fire)

Amethyst- Dreams, astral work, relieves stress, imagination, meditation (air)

Aquamarine- Divination, relaxation, protects from drowning, creative imagination, removes blockages energy (water)

Aventurine- Prosperity, abundance, fertility, optimism, healing old emotional wounds (earth)

Beryl- Scrying, crystal gazing, intellect (air)

Bloodstone- Confidence, strength, control over your life, luck (fire)

Blue Lace Agate- Feminine energy, peace, soothes headaches, relaxation (water)

Carnelian- Intuitive talents, astral travel, sexual energy, prevent miscarriage (fire)

Chrysocolla- Balances emotions, relieves depression, emotional healing (water)

Citrine- Healing, increased physical energy, hope, encourages new beginnings (fire)

Emerald- Love, protects against violence, communication (earth)

Fluorite- Creativity, mental abilities, meditation, astral travel, confidence, inspiration (air)

Garnet- Passion, courage, fertility, prosperity (fire)

Hematite- Absorbing and grounding negative energy, healing, balances energy flow (earth)

Jade- Long life, prosperity, dragons, good fortune, health and longevity (water)

Jet- Protection, divination, Goddess energy (earth)

Labradorite- Imagination, releasing inhibitions, self-confidence, communication with spiritual beings (air)

Lapis Lazuli- Psychic protection, love, peace of mind (water)

Malachite- Good fortune, business success, protection from accidents (water)

Moonstone- Lunar energy, psychic matters, clarity of thought (water)

Moss Agate- Plant magick, new friends, reveals deceit (earth)

Obsidian -Inner strength, protection (earth)

Onyx- Protection, hope, endurance, acquiring knowledge (earth)

Peridot- Astral work, protection from nightmares, emotional healing, inspiration (earth)

Quartz -Focusing energy for any purpose (air)

Red Jasper -Passion, blood magick, protection from nightmares (fire)

Rose Quartz- Love, friendship, joy, self-healing (water)

Sodalite- Courage, intellect, creativity, protection on journeys (water)

Tiger Eye- Protection, balance, mediation, starting new business (earth)

Turquoise- Protection from psychic attacks, reconciliation, divination (water)

Signs and Gemstones

Aries

Aries has an assertive nature, a drive towards individuality, and the conscious aim of establishing energetic leadership.

Gemstones: Bloodstone, Garnet, Ruby, Diamond, Sapphire.

Taurus

Taurus has a conservative, rather fixed nature, a drive towards possessiveness, and a conscious aim involved with the realization of material security.

Gemstones: Emerald, Jade, Lapis Lazuli, Tourmaline.

Gemini

Gemini has a quick, changeable nature, a drive towards a versatile development of self-awareness, and a conscious aim involved with establishing intellectual communication with others.

Gemstones: Agate, Adventurine, Pearl, Alexandrite.

Cancer

Cancer has a retiring, moody nature, a drive towards establishing romantic attachments, and a conscious aim involved with the sensitive unfolding of a rich emotional life.

Gemstones: Beryl, Moonstone, Sapphire, Ruby.

Leo

Leo has an exuberant and proud nature, a drive towards vivifying experiences or creativity, and a conscious aim involved with dignified self-expression.

Gemstones: Amber Carnelian, Diamond, Topaz, Peridot.

Virgo

Virgo has a conscientious practical nature, a drive towards thoroughness in service, and a conscious aim involved with establishing just principles of order.

Gemstones: Agate, Adventurine, Sapphire, Tanzanite.

Libra

Libra has a gentle, discriminative nature, a drive towards the enjoyment of harmony, and a conscious aim involved with establishing stability and beauty in the environment.

Gemstones: Chrysoprase, Lapis Lazuli, Turquoise, Opal, Pink Tourmaline.

Scorpio

Scorpio has an intense, strong-willed nature, a drive towards regeneration, and a conscious aim involved with the exercise of power - usually over others.

Gemstones: Kunzite Spinel, Tourmalated Quartz, Topaz, Yellow Sapphire, Citrine

Sagittarius

Sagittarius has a dignified, restless nature, a drive towards the exploration of ideas, and a conscious aim involved with the attainment of wisdom through experience.

Gemstones: Amethyst, Sugilite, Zircon.

Capricorn

Capricorn has a cautious though ambitious nature, a drive towards the practical expression of duty, and a conscious aim involved with

being useful and dependable.

Gemstones: Onyx, Apache Tear, Hematite, Garnet

Aquarius

Aquarius has an unconventional, humanitarian nature, a drive towards a detached, if original, pursuit of truth, and a conscious aim involved with the expression of useful knowledge.

Gemstones: Aquamarine, Fossils, Jet, Amethyst.

Pisces

Pisces has an imaginative, highly emotional nature, a drive towards the sympathetic understanding of others, and a conscious aim involved with the search for emotional balance.

Gemstones: Amethyst, Sugilite, Aquamarine.

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Gemstones: Amethyst, Sugilite, Aquamarine.

Ritual for Consecrating Your Crystal

Once you have purchased a crystal, you may wish to consecrate it, ready for use in ritual. A simple consecration ritual is given below, but do feel free to modify & adapt this to your own preferences.

If you are working indoors, the alter should have some natural object or symbol of nature on it, such as a stone (particularly a hag stone, which represents the Earth Goddess), flowers feathers, corn, etc. An outdoor alter needs very little, as nature is all around you.

Requirements:

1. Sea salt (or a suitable consecrated crystal) & water (not tap) in small bowls
2. Candle (red is good, or beeswax)
3. Incense or joss (a strong purifying scent like frankincense or sandalwood is good) and censer
4. Suitable oil (depicting spirit)
5. Piece of silk or other bag for storage if crystal is not to be worn

These items should be set up on the alter already. Consecration

should start by having a ritual bath, allowing you to dry naturally. When you are ready, ground yourself with an appropriate centering exercise.

Cast the circle in your preferred manner. Call on the elements in turn at the appropriate quarter (starting with AIR – East and moving round clockwise through Fire – South, Water – West, to Earth – North) and ask for their blessings & energy.

Call on the Goddess and God in turn in whichever aspects you know them best (it is preferable if possible to call on aspects which match from the same pantheons, such as Isis and Osiris, Kali and Shiva, etc.) and ask for their blessings and energy.

If you work with other entities such as angels, power animals, and spirit guides, call on them at this point and ask for their blessings, energy, and guidance.

Pass the item through the incense smoke (if it is a large crystal, you may move the censer around it and blow smoke over it as well as you do this), saying: "I purify and consecrate you with the power of the element of Air."

As you do this, visualize winds blowing over the crystal, removing any impurities or unwanted energies which may have accumulated around the crystal.

Pass the crystal through a candle flame, saying: "I purify and consecrate you with the power of the element of Fire."

As you do this, visualize fore caressing the crystal around its edges, burning away any impurities. Sprinkle the crystal with water, saying: "I purify and consecrate you with the power of the element of Water."

As you do this, visualize water flowing over and around the crystal, washing away any impurities.

Sprinkle the crystal with salt, or touch the already consecrated crystal to it, saying: "I purify and consecrate you with the power of the element of Earth."

As you do this, visualize the crystal being surrounded by the earth, which absorbs any impurities. Anoint the crystal with oil, saying: "I purify and consecrate you with the power of the element of Spirit."

As you do this, visualize the crystal being imbued with gold light.

Thank and say farewell to the God and Goddess, or whichever beings you called upon. Thank and say farewell to the elements (in reverse from North counter-clockwise through to East).

Open the circle.

Write up the ritual in your diary.

You may wish to wrap crystals which are not being left on the alter in silk, to preserve the charge on them.

The Goddess in 3 Phases:

1. Maiden – Amber, Chalcedony, Diamond, Emerald, Jadeite, Kunzite, Moonstone, Opal, Pearl, Quarts, Zircon.
2. Mother – Aquamarine, Chrysocolla, Fluorite, Garnet, Labradorite, Lapis Lazuli, Malachite, Moonstone, Prase, Rose Quartz, Ruby, Rutile Quartz, Turquoise, Zoisite.
3. Crone – Coral, Glass, Hagstone, Jet, Kyanite, Moonstone (Black), Nephrite, Obsidian, Onyx, Smoky Quartz, Tourmaline.

The God in 3 Phases:

1. Horned – Green Amber, Aventurine, Heliotrope, Nephrite, Peridot, Staurolite, Turquoise, Zoisite.
2. Solar – Citrine Quartz, Diamond, Orange Calcite, Ruby, Sapphire, Sodalite, Spinel, Topaz.
3. Underworld – Agate, Hematite, Obsidian, Onyx, Smoky Quarts

Crystal – Attributions to the Days of the Week:

Monday – Moonstone, Pearl, Quartz

Tuesday – Star Sapphire, Red Coral, Ruby, Emerald, Jasper

Wednesday – Star Ruby, Cat's Eye, Amethyst, Magnetite

Thursday – Cat's Eye, Emerald, Sapphire, Carnelian

Friday – Alexandrite, Amethyst, Diamond, Emerald, Cat's Eye

Saturday – Labradorite, Sapphire, Turquoise, Diamond

Sunday – Sunstone, Ruby, Topaz, Diamond

PROGRAMMING YOUR CRYSTALS

All quartz crystals and gemstones will respond to the 'intent' of your own personal will; whether in word or in thought.

By simply wishing - or visualizing - the crystalline energy to be used in a particular way - it will be! It really is that simple.....

Quartz crystals are usually 'programmed' for the following purposes: -

- a) Meditation
- b) Healing
- c) Absent Healing
- d) Manifesting

- a) Meditation

Throughout the world - every day of the week, every minute of every day - countless

thousands of people practice their own form of meditation. Each person finds solace and comfort in their own particular way.....

By holding a quartz crystal or an amethyst in your hand whilst participating in whichever type of meditation is appropriate to your own individual needs, you will enhance and enrich the spiritual depths of your own meditative experience.

The quartz crystal or amethyst enables you to undertake a new and wondrous journey within the inner recesses of your soul. Unknown pathways, hitherto previously uncharted, will open up in front of you.

A new dimension of self-expression will rise to the surface and expand your inner consciousness and awareness.

The amethyst, of course, is well known for being able to relieve mental and physical stress and tension. It is the stone containing inner peace and tranquility; the stone of sublime relaxation.

Every member of your meditation circle or group should have their very own piece of quartz crystal or amethyst to hold throughout the meditation session. As time passes, perhaps very slowly at first, each person will gradually become aware that their breathing has become far deeper and far more rhythmical and they have now entered a completely new world of inner peace and harmony.

All meditation rooms would greatly benefit from having large quartz crystals placed at all four corners of the room with their single-terminated points directed towards the center of the room. The crystals should be placed either on the floor or affixed to the corners of the ceiling.

Each of the four quartz crystals in the meditation room should be 'programmed' to project gentle, loving, relaxing, crystalline energy towards all those present within the Meditation group. The quartz crystals will then generate a field of positive crystalline energy surrounding everyone in the room.

In addition to every member of the meditation group holding their own individual amethyst or quartz crystal, a large amethyst or quartz crystal cluster may be placed in the middle of the group. This large cluster should then be 'programmed' to release beautiful cosmic crystalline energies into every corner of the room.

It is very important that one member of the meditation group should be nominated to look after the group's amethyst or quartz crystal cluster - and to make absolutely certain that it is properly 'cleansed', 'dedicated' and 'programmed'.

Whilst holding your crystal or amethyst when meditating with music you will often discover that some quite amazing effects are being produced. On some occasions you might even be able to 'see' the music in terms of color and shape. Even should you be just listening to a piece of music whilst holding your stone - and not even consciously trying to meditate -you will find the depth of experience greatly enriched by the presence of your crystal or amethyst.

Whenever harmonious music is being played in the presence of your crystal or amethyst, the mood and thoughts of the composer become deeply embedded within the very heart of the crystal and if you 'listen' to the crystal afterwards, with your inner ear, you will often be able to pick up the esoteric meaning of the music itself.

You may use your crystal or amethyst in so very many ways when meditating. Do not be afraid to experiment and try new methods. Listen to what your crystal is saying and try to respond accordingly. You will find the results truly amazing and very worth while.

b) Healing

Once you have chosen your quartz crystal - and 'cleansed' and 'dedicated' it - you are ready to commence using it for healing purposes.

It is very important to note, however, that for best results your quartz crystal should only be used for either healing or meditation. Not for both! The 'vibrations' and 'energies' used in healing and meditation are very different and to use the same quartz crystal for both occasions would result in the dissipation of the crystal's unique energies.

Quartz crystals are, in all reality, only 'tools'. By themselves they can only be described as passive; but when they become activated by the human mind they can become extremely powerful indeed.....

Each and every one of us, as beings of the human species, possess an inherent healing energy. In the majority of people, of course, this healing ability lies totally dormant and inactive.

But when we possess the knowledge to enable us to 'channel' our own healing energy through our quartz crystal friends we are then able to amplify this healing power and the resultant energy that we have ourselves created - ours, that is, in conjunction with that of our crystal - may be used for many positive healing purposes.

Even though you may not wish to become a qualified crystal healing therapist yourself there are still plenty of opportunities for you to use your quartz crystal to heal your family and friends.

When my youngest child, Cameron, was only a few months old I returned home one day after having given a crystal healing workshop to discover that he was very ill. My wife, Judith, had taken him to our local doctor who had told her that if he did not improve within the next couple of days he would have to go into hospital.

Obviously, I had to do something! When Cameron was ready for bed that evening I cradled him in my arms and placed an electro-crystal therapy 'wand' on his stomach. I also held my personal healing quartz crystal and directed its healing energy to completely envelop Cameron's body. I gave him crystal healing for only thirty minutes, at the end of which, my little Cameron was fast asleep.

The next morning, he was almost completely cured! And so there was no need for Judith to take him back to the doctor or for him to go into hospital.

When treating a client the following guide-lines may prove helpful:-

At the beginning of the healing session you should hold your quartz crystal in whichever hand feels 'right' to you; and calmly attune yourself to the inner energies of your quartz crystal. You will probably experience energies 'throbbing' within your hand.

Now direct the single-terminated end of your healing quartz crystal towards your client and gently move the crystal around the perimeter of their whole body in a clockwise direction. As you do this, at the same time visualize a blue-white crystalline light emanating from the apex of the client's body and flowing towards the

client and surrounding him. Do this several times. This will help to strengthen the electro-magnetic field of energy around the physical body of the client.

The single-terminated end of the quartz crystal should then be directed towards that part of the client's body which you believe or 'sense' to be most in need of healing.

Visualize, as strongly as possible, a lovely blue-white light emanating from the apex of your crystal once again and direct this light, like a laser beam, to that part of the client's body where you feel that the healing is most needed.

This lovely blue-white becomes stronger and stronger, brighter and brighter, and the energy between the crystal and your client slowly begins to intensify.

The crystal healing session itself may, in theory at any rate, last any length of time, but intuitively you will become aware when the time is right to bring the session to an end.

To finish the crystal healing treatment session you should visualize the blue-white light gently flowing back into your quartz crystal. Once more you should direct and project the healing energies around the perimeter of your client's body in a clockwise direction. Then allow your client to relax for a few minutes.....

Many of my own clients regularly fall fast asleep so it is very important that you bring them back to the present in as relaxed manner as possible.

Whenever practical it is best for your client not to have to drive a car for some time after the crystal healing session as the client often becomes so very 'de-stressed' and almost 'spaced out' that it can take some considerable time to re-orient themselves!

Whilst I quite often do discuss a client's medical history with them before offering any form of treatment, from my own personal experience I have found that it is not always absolutely necessary to know, in advance, what is medically wrong with my client.

One lady whom I visited on one occasion whilst I was in London was keen for me to demonstrate some of my crystal healing techniques upon her! I duly obliged by first directing some crystalline healing energy towards her third eye chakra.

Immediately she told me that she had felt the crystal healing energy 'hit' her third eye and then travel downwards through her body and into her stomach. Apparently, so it transpired, she had had a serious operation on her stomach a couple of weeks previously (which I had no way of knowing!) and, naturally, that was the part of her body which most needed the crystal healing energies.

My own personal belief is that all dis-ease occurs purely as a result of an imbalance of our normal bodily 'vibrations'. Therefore, whatever health condition from which we may suffer, however serious or however mild, whether it be cancer, multiple sclerosis, tumors or simply a dose of influenza or the common cold, the basic treatment remains much the same.

All that is really necessary is for the disharmonious or imbalanced 'vibrations' to be re-harmonized, re-energized and re-balanced.

This may, at first sight, appear to be an over-simplification but years of experience has shown me that all too often we can over-complicate our diagnoses.

The main difference between allopathic medicine and natural medicine is that allopathic medicine treats symptoms whilst natural medicine concentrates upon finding the root cause of the health problem.

Simply put - if we can discover the originating cause or 'imbalance' of any health condition or dis-ease then by using our crystal healing techniques to rebalance all the 'vibrations' which are out of alignment, we must be able to effect a cure or, at the very least, a gradual improvement in the client's overall health!

You may also, of course use your quartz crystal for self - healing purposes. All that you have to do is to direct the single-terminated end of your crystal towards the appropriate part of your own body and, as you did before when treating your client, visualize a lovely blue-white light radiating from the apex of your crystal, like a laser beam, into your own body.

Crystal Healing is one of the most powerful - and successful - methods of re-balancing, re-energizing and re-harmonizing every part of the physical and mental bodies of either yourself or of your client.

c) Absent - or Distant - Healing

Quartz crystals are often used very successfully in all forms of absent - or distant - healing. Whether you are three miles, three hundred miles, three thousand miles or thirteen thousand miles away from your client, crystal healing can prove most effective.

For best results it is recommended that the quartz crystals which you use for absent healing purposes are used solely for absent healing and for no other purpose.

It is only really necessary to have the name of the person who wishes to receive absent healing. Absent Healing, using the unique power of quartz crystals, can work solely on the name 'vibration' alone.

All you have to do is to visualize the crystalline energy pulsating within your absent healing quartz crystal being projected towards your client, wherever he or she may live. Your quartz crystal will then do the rest!

If, however, you should have in your possession an actual photograph of your client - or, if you have already met the person and therefore know what they look like - just hold your crystal in your hands and visualize, as strongly as possible, the crystalline energy totally surrounding the client.

In addition it is very helpful after the absent healing session has been completed if you were to place your absent healing quartz crystal on a photograph of your client; this assists the amplification of the crystalline energy which is being projected by the crystal towards your client.

In my own personal healing center I use a Master absent healing quartz crystal which I use for all my absent healing treatments. Whenever I am asked for absent healing I inscribe the client's name and relevant details in my absent healing book and I then place my Master absent healing quartz crystal on top of this book with the 'program' that every name entered in the book will receive healing from the crystalline energies; each according to his or her needs. I ask that everyone tries to link up with my Master absent healing quartz crystal at 10pm every evening.

Those of you reading these words and who may, for whatever healing purpose, need my crystal healing, prayers, powers and energies, please try to sit quietly by yourself at

the hour of 10pm each evening (your time), relax and visualize the crystalline energies flowing into your crown chakra. Think of me and you will receive crystal healing energy from the divine crystalline source.

d) Manifesting

Very simply, manifesting is a method of 'programming' your quartz crystal to help your subconscious mind to create something tangible in your life that you may need. Notice that I use the word need not want. There is a very big difference!

Before you proceed with any form of manifesting it is extremely important that you examine your conscience and decide exactly what it is you wish to achieve. Decide, in as much precise detail as possible, whatever it is you need to acquire.

In order to avoid dissipating the crystalline energies, as already stated previously, it is most essential that you only use your chosen crystal for manifesting purposes only!

Let me repeat once again. Need, not want, should be your main criteria! For example, we might all say that we want to win the lottery jackpot of (say) \$30,000,000. But that is most definitely a want - not a need!

So be warned.....

Now, make yourself comfortable in an easy chair and let us begin to start manifesting your innermost needs.

First, hold your quartz crystal in front of you, with both hands. Stare at it intently and visualize yourself entering into the crystal through a door cut into the crystal.

Once through this door you will find yourself in a long narrow hall. At the end of this hall is a green door inscribed with the words 'MANIFESTING ROOM' written upon it.

Open the door of this 'Manifesting Room' and step inside and look around. The walls are solid gold; the floor is green; the ceiling is studded with millions of precious gemstones, sparkling with all the colors of the rainbow. The room is filled with a warm, rich feeling of prosperity.

Bring into your mind a complete and exact image of whatever it is you wish to manifest. Visualize as much detail as possible; concentrate as hard as you possibly can and imagine that you actually possess whatever it is you are manifesting. You are extremely happy and relaxed, secure in the knowledge that your need has been met.

Take your time; 5, 10 or even 15 minutes, it doesn't matter. Then, when you have finished, slowly walk back out of the manifesting room, closing the door firmly shut behind you.

Walk back along the hall and step outside of the crystal. Take a large deep breath, relax your body and when you feel comfortable, open your eyes.

Do your manifesting at least twice per day (morning and evening) until your need has been fulfilled.

Programing and dedicating stones

After you choose and clear your gemstone or crystal, it is a good idea to dedicate it or program it. The purpose of programming a

crystal or gemstone is to focus its abilities on something you specifically need, thereby magnifying the stone's intent through your own. The purpose of dedicating the stone to a high level healing energy or Goddess (God) is to protect it from negative energy. A crystal or stone that is programmed and dedicated in these ways becomes much more powerful and useful as a tool. This is a very simple process. Hold the crystal or gemstone in your hand and sense its energy. With the stone being newly cleared, the energy will feel stronger and even more appealing than before. As you sense this energy and appreciate it, ask quietly to be connected to the deva of the crystal or gemstone. Though not animate, stones are living things and the deva of the piece is the stone's life-force energy.

Once you feel you have sensed what you can from the energy, think of what you will be using the stone for. Think of these uses, then quietly ask the gemstone if it is willing to act in the way you wish. The crystal's energy may increase with a yes or seem to disappear with a no. If the stone accepts your intent, state in your mind that it be so. Once a stone is programmed, it will hold its intent until you or someone else reprograms it. To prevent any negative energy from attaching itself to your crystal you may wish to dedicate it. To do this, simply hold the crystal or gemstone in your hand and state clearly in your mind: "Only the most positive high-level energy may work through this healing tool." Focus on your intent for awhile, then end your sensing (meditation) with SO BE IT. The stone is now dedicated.

You may also choose to dedicate your gemstone or crystal to a

specific healing energy, for example, to a Goddess of healing. There are many healing goddesses, including Isis, Yemaya, Diana, and White Buffalo Calf Woman. For stones programmed for protection, Hecate or Kali are strong protection Goddesses.

SUN

These stones are useful in legal matters, healing, protection, success, illumination, magical energy and physical energy. Candles used in rituals with these stones are usually orange or gold.

Amber	Sulfur
Calcite, Orange Sunstone	
Carnelian Tiger's eye	
Crystal, Quartz Topaz	
Diamond Zircon	
Pipestone	

MOON

These stones are suitable for use in rituals involving sleep, prophetic dreams, gardening, love, healing, the sea, the home, fertility, peace, compassion and spirituality. Candle colors: white or silver.

Aquamarine	Mother of pearl
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Beryl Pearl

Chalcedony Sapphire

Crystal, Quartz Selenite

Moonstone

MERCURY

These stones are used for strengthening mental powers and for eloquence, divination, studying, self improvement, communication, travel and wisdom. Candle color: yellow.

Agate Mica

Aventurine Pumice

Jasper, Mottled

VENUS

Venusian stones are useful in rituals promoting love, fidelity, reconciliation, interchanges, beauty, youth, joy and happiness, pleasure, luck, friendship, compassion and meditation, and in rituals involving 179 women. Candle color: green.

Azurite

Kunzite

Calcite, Blue Lapis Lazuli

Calcite, Green Malachite

Calcite, Pink Olivine

Cat's eye Peridot

Chrysocolla Sodalite

Chrysoprase Tourmaline, Blue

Coral Tourmaline, Green

Emerald Tourmaline, Pink

Jade Tourmaline, Watermelon

Jasper, Green turquoise

MARS

These stones are useful for promoting courage, aggression, healing after surgery, physical strength, politics, sexual energy, exorcism, protection, defensive magic and are suitable for rituals involving men. Candle color: red.

Asbestos

Rhodocrosite

Bloodstone Rhodonite

Flint Ruby

Garnet Sard

Jasper, Red Sardonyx

Lava Tourmaline, Red

Onyx Tourmaline, Watermelon

Pipestone

JUPITER

These stones are fine for spirituality, meditation, psychism and religious ritual. Purple candles can be burned in conjunction with these stones in ritual.

Amethyst

Lepidolite

Sugilite

SATURN

Saturnian stones are useful for grounding, centering, protection, purification and luck. Candle colors: gray, brown.

Alum

Obsidian

Apache Tear Onyx

Coal Salt

Hematite Serpentine

Jasper, Brown Tourmaline, Black

Jet

NOTE: In common with other authors and magicians, I've just started utilizing the energies of Uranus, Neptune and Pluto, the three planets unknown to the ancients, in magic. Magical information relating to them is limited at present, and opinions vary greatly. In

the future more stones will be determined to be under the influence of these planets. In the meantime, here are lists of the stones I've tentatively placed under the rulerships of Neptune and Pluto. (Some of these stones are coruled by other planets.)

NEPTUNE

Amethyst Mother of pearl
Celestite Turquoise
Lepidolite

PLUTO

Kunzite
Spinel

New Age Stones

Stones have, throughout the centuries, been used in architecture, jewelry, head ornaments and many other items in daily or ceremonial use. Many are thought to hold certain powers. You'll often find a clear shard of crystal, or quartz, at the head of a wand used in magical ceremonies, since it is supposed to bring clarity, not only to the person casting the spell but to the spell itself. There is an endless array of stones. I can only try and give you a good amount of them and their magical properties.

According to Scott Cunningham's Encyclopedia of Crystal, Gem & Metal Magic, the stones used must be purified. He gives the following ritual, which can be done at

your own home at a table or altar, best if done at sunrise or during the day.

"Fill a basin with pure water and place it to the West on the table or altar.

Next, light a red candle and set this to the South. Light some incense and place this to the East.

Finally, place a dish or flowerpot filled with freshly dug earth to the North on the altar. In between all these objects set the stones to be purified.

When all is readied, still your mind and pick up the stone in your projective hand. Turn your attention toward the bowl of earth. Place the stone on it and cover with fresh earth. Say something to the effect of:

I purify you with Earth!

Leave the stone there for a few minutes, all the while visualizing the earth absorbing the stone's impurities.

Then remove it, dust it clean, and hold it in the incense smoke. Pass it nine times through the smoke, from the right to the left, saying words like these:

I purify you with Air!

See the smoke wafting away the disturbing energies.

Next, quickly pass the stone through the candle's flame several times, saying:

I purify you with Fire!

The fire burns away all negativity.

Now place the stone in the water and say this or your own words:

I purify you with Water!

Visualize the water washing it clean.

Leave the stone in the water for a time, then dry it with a clean cloth and hold it in your Receptive hand.

Is the stone 'clean'? If not, repeat this simple ritual as many times as necessary, until you are sure it has done its work,

Afterward, store the stone in a special place. It is ready for use in magic."

To use the stones, you can wear them in an amulet, keep a piece in your pocket, place them at an altar, or whatever you'd like. They can be used in scrying or other divinations, or even as a stone tarot set.

MAGICKAL SHAPES

ROUND SHAPED GEMS: Are used for magick and workings. They are receptive to all power.

SQUARE GEMS: Are male in nature. Use these for building and creating magick for new ideas or use to alter old ones

PYRAMID SHAPED: Signifies the 3 parts of human existence- the mind, body and spirit. Use for neutralizing and repelling energies and for gathering and releasing the energies for your desire.

PEAR SHAPED: Has similar qualities of the round and pyramid shaped stones. It is Receptive and projective. Balances the emotions, great for wishes for psychic power

and good for faerie magick.

ROD SHAPED: Otherwise known as a crystal wand(used in healing). Used to project energies.

MAGICKAL GEMSTONES AND THEIR USES

Every crystal and gemstone has its own magickal and energy property which corresponds to its color and aligns it with the energies of a planet. Here are some basic, low-cost gemstones that will help you in your magicks:

SUNSTONE is ruled by the Sun and the element of Fire and is good for abundance, personal success and personal power. You can make a power bag with Sun herbs and a sunstone to draw success to your endeavors.

MOONSTONE is ruled by the Moon and the element of Water. It helps develop psychic awareness, dreamwork and fertility. Wear it when reading Tarot cards or using a crystal ball or as you lie down to sleep to help you remember and understand your dreams. You can charge a moonstone with the task of helping you to be fertile if you are trying to get pregnant. Then wear it or keep it in your pocket each day and particularly while making love.

CARNELIAN is ruled by Mars and the element of Fire. It helps to dispel depression and anger and brings courage and energy. You can use it in protection spells or carry it with you for protection as well as carry with you to give you vitality and health.

QUARTZ CRYSTAL is ruled by Mercury and the element of Air. Wear it to focus and sharpen the mind as well as to help you communicate more clearly. It can aid in your creative thinking and writing if you'll set a quartz cluster on your desk as you work. You can also rub a quartz crystal on an afflicted part of the body to remove energy blockages and promote healing.

AMETHYST is ruled by Jupiter and the element of Water. If you have insomnia, place one under your pillow to help you relax and sleep. Hold one in your hand or wear one during meditation to go deeper. You can also harness the prosperity energies of Jupiter by placing an amethyst in the center of your altar and burning green candles around it.

JADE is ruled by Venus and the element of Earth. It draws luck, health, long life, love and prosperity. Surround jade on your altar with pink candles to bring love or orange candles for health. Wear jade while gardening to help your garden grow.

ONYX is ruled by Saturn and the element of Earth. It stabilizes and protects. Bury one by your front door to avert negativity or wear to protect your aura. If you tend to be flighty or indecisive, wear one to help you to ground your energies.

To combine the energies of gemstones and crystals for special projects, first charge them with the focus of your intention then place them in a bag of the proper color and carry or wear to draw the results to yourself. Some combinations could be:

» PROTECTION - Garnet, Onyx, Obsidian and Quartz Crystal in a white bag.

» PROSPERITY - Jade, Peridot, Gold Tiger's Eye and Sunstone in a green bag.

» LOVE - Rose Quartz, Jade, Malachite and Red Jasper in a pink bag.

» INTUITION - Spectrolite, Lapis Lazuli, Moonstone and Tanzanite in a purple bag.

» SERENITY - Amethyst, Blue Lace Agate, Quartz Crystal and Jade in a blue bag.

Jewels Of The Moon

The primary jewel of the Moon is chalcedony. Chosen by medieval metaphysicians as birthstone for the zodiacal sign of Cancer, the chalcedony is a translucent quartz varying in color from milky white to pale blue gray or warm fawn. An age-old occult use for the gem was to cheer melancholy spirits. Talismans carved from chalcedony were thought to counteract the dispiriting influences of the planet Saturn. The Romans wore the stone as protection against the ravages of the evil eye. Its wax like luster calls to mind an image of the Moon, and many Gnostic amulets of chalcedony were engraved with the Moon's symbol. Seamen from all quarters of the Mediterranean

cherished the gem as a protection from drowning. European folk medicine claimed the touch of the chalcedony upon the brow reduced fever, brought tranquility to a troubled mind and speeded recovery.

Other treasures of the earth and the sea with strong lunar associations are amber, aquamarine, beryl, coral, moonstone, pearl, rock-crystal, and selenite.

HEALING WITH GEMSTONES

36 of the most popular healing stones - The powerful vibrational energies of these stones provide spiritual uplift and growth or enhancement of the healing process.

HEALING QUALITIES ~ SPIRITUAL QUALITIES of stones

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Fascinating how modern healers and psychics are finding precisely the same qualities in specific gemstones that the Egyptians, Greeks, Chinese and Indians found over 4,000 years ago!

We have made a brief summary here for many of the more available stones.

Amazonite - ~ ~ ~

Provides clarity and insight. Creates a feeling of power. The original "You can get what you want if you want it bad enough" Stone. Leads one away from the self-destructive behavior that sometimes surfaces when we experience disappointments.

Amethyst -

Releases stress and worry, dispels anger and fear, controls bad habits, fosters commitment in love and reduces physical and emotional pain. Long used by psychics as a major boost for intuition and psychic clarity. It is also a real stone of inspiration.

Black Jasper -

Builds will power. Helps with concentration and focus. Turns insights into creativity. Relieves stress. The privacy stone. Repels negativity. Strengthens the emotional nature. Useful for charging other stones and crystals.

Bloodstone -

Stone of courage. Acceptance of change. Cutting through turmoil. Mastery of renewal. Used as an amulet for protection from illness and disease. Favorite good luck and good fortune stone. Overcoming of enemies. Winning in physical contests. Stone of wizards & magicians for increasing power. Used for heart conditions.

Bornite (Peacock Ore) -

Aligns the entire chakra system and opens any chakra. Exceptionally useful in reactivating overworked chakras. Aligns the various bodies, particularly the Astral body after travel. Bornite stimulates the inner self to expand to unscaled heights and is often called the stone of happiness as it produces that exhilaration of experiencing the moment to the fullest. Not suitable for carving.

Botswana Agate, carnelian -

Furthers spiritual unfoldment and personal growth. Stone of reserve energy. Useful in accessing other worlds. Provides for mental clarity and uncommon insight. Enhances creativity and inventiveness. Opens the mind to problem solving. Can counteract emotional poisoning and relieve depression.

Botswana Agate, blue/gray -

Toxin release. Stimulates crown chakra. Furthers spiritual unfoldment and personal growth. Stone of reserve energy. Useful in accessing other worlds. Provides for mental clarity and uncommon insight. Enhances creativity and inventiveness. Opens the mind to problem solving. Can counteract emotional poisoning and relieve depression.

Carnelian -

Used for allergies, colds and flu. Helps with kidneys and gallstones. Used by Greek soldiers to stop bleeding from wounds. The warrior's protection stone. Eliminates sorrow. Protects from spells and negativity. Reduces fear.

Crazy Lace Agate -

Spiritual Powers: Aids with energy lows. Relieves emotional pain. Opens the way for laughter. Healing Attributes: Strengthens the heart. Clears energy blockages. Brings vitality to major organs.

Fluorite -

Producer of order and organization. Used to provide focus and assist in concentration. Represents the heights of mental achievement, strengthens the user's analytical ability and is useful for storing and remembering quantities of knowledge. Spiritual Powers: Purification, Guidance, Aura

Clearing, Intuition, Spiritual, Overcoming Fatigue

Flame Agate -

Spiritual Powers: Provides clarity during periods of transition.

Stimulates awareness. Healing Attributes: Enhances physical vitality.

Treatment of burns and relieving pain.

Green Aventurine -

One of the more powerful abundance stones. A favorite of gamblers.

Enhances perception, intelligence and creativity. Excels in bringing balance, calming emotions and speeding the healing process. An all-around good luck stone.

Green Tree Agate -

Strength in all pursuits, aids growing things and fertility. Open contact with Nature Spirits. Promotes self-esteem and emotional balancing. For locating treasure and receiving abundance. Excellent for longevity. A very powerful healing and toxin release stone.

Hematite -

Hematite is versatile. In elixir form it is used to foster self-esteem.

Very powerful in building the immune system and is used for cleansing the blood. Any disorders involving white blood cells can benefit from using Hematite. It can aid in sorting out and assigning priorities to issues. Has been used to expand one's memory and to deal with technical questions. Recently discovered to aid clarity in computer programming. Removes inflammation from sore muscles.

Labradorite -

Used to prevent energy leaks from the aura as well as for aura healing. Assists in harmonizing the subtle vibrations of the physical, emotional, mental and spiritual bodies. Can provide clarity to insights and is used to clear the mind of conflict and scattered thinking. Gateway to the subconscious.

Lawrencite -

A power healing stone in all dimensions. It replaces energy lost in the healing process. It is especially beneficial to the liver and spleen. It is a most appropriate stone for people with terminal conditions, providing energy and clarity for acceptance. Red Jasper for energy. Moss Agate for self-esteem.

Mahogany Obsidian -

Relief of tension. Release of blockages. Often called the Purpose-of-Life stone. Used to stimulate growth of the physical, emotional, intellectual and spiritual centers. Used to gain insight into fulfilling one's aspirations. A significant stone for protection against all negative energies.

Moss Agate -

One of the most powerful healing stones. Eliminates toxins Aids digestion. Relieves symptoms of flu, colds and infections. Used for skin disorders. Drains and heals sinus infections. Aids fertility. Promotes self-esteem. Increases inner security. Develops contact with Earth Spirits. Native American power stone. Great wealth and money stone.

Nephrite Jade -

A calming and detachment stone from the emotional ups and downs of

living. Great in dream work, both for analyzing and for working into lucid dreaming. Helps mental activity with clear judgment and an increased ability for focus and concentration. Aids in promoting effortless self-discipline in any skill or endeavor.

Orange Calcite -

Used to promote de-calcification of bone growth. Aids in the assimilation of calcium. Works with improving the functions of kidneys, liver and spleen. Called the happiness stone. Clears and creates an open mind while reducing skepticism. One of the most powerful protective stones giving energy where ever held to the body.

Mauve Aventurine -

Spiritual Powers: Personal power, draws prosperity. Used for contacting Spirit Guides. Inspires creativity. Healing Attributes: Excellent for fertility, strengthening the urogenital systems.

Petrified Wood -

Carried by Native Americans for protection. As an elixir, fine tonic for hair loss. Used to access past lives. Gets rid of random worries and anxieties. Helps make new friends and improves friendships. Relieves stress.

Picasso Marble -

An artists stone. Helps to find beauty in ordinary things. Transforms intuition into intellectual thoughts. A stone for flowing with one's destiny. Helps with transition and change. Master of the sub-conscious. Use for developing work with a pendulum. Reduces anxiety and stress and helps to regulate metabolism.

Pyrite -

Pyrite works to cleanse the circulation system, build the immune system and regulate the heart. It has been used to strengthen the skeletal system and refresh bone marrow. Pyrite improves the respiratory functions of the skin. Has been used for the lungs and bronchial conditions as well as reducing fevers and sore muscles. Because of its energizing potential is used in cases of nervous exhaustion. Cubic clusters of pure pyrite.

Quartz, clear -

Amplifies energy and aligns the chakras. Assists in the creation of power and mental focus. Aids in communication with plants, stones and animals. Fosters connection with the Universe at a cellular level. Help to connect with Angels and Spirit Guides. Clears all chakras and is used for rejuvenation. Can be effective in stimulation of the thymus and balance of right and left brain.

Red Jasper -

Often called the energy stone. Relieves pain. A real quick pick-me-up. For stamina and sexual energy. Worn by young women to promote beauty and grace. Fosters creativity. Used in magic and rituals.

Rhodonite -

A great stone to calm the mind prior to meditation or any ritual. Excellent for balancing chakras, clearing confusion and has been used to help attain one's greatest potential. Attracts a nurturing love energy.

Rose Quartz -

Reduces wrinkles. Used for pain relief, burns and clearing of body

fluids. Good for coughs and lungs. Releases impurities. Stone of gentle love. Heals emotional wounds. Gains for self acceptance and rejuvenation. Increases clarity.

Serpentine -

Works with the Kundalini and all spiral energies. A major stone for enhancing meditation and visualization. Provides direction in problem solving. Aligns the astral and emotional bodies. Works to enhance the will and at the same time to relax stress. Used for abundance.

Snowflake Obsidian -

Spiritual Powers: Brings purity and balance. Opens clarity for unwanted circumstances. Healing Attributes: Used for creating smooth skin. Works with clearing veins and clearing eyes.

Sodalite -

Often called the wisdom stone. An aid to focus and concentration. Stops the chattering mind in meditation. Rubbing the body with Sodalite is used to dissipate fear and anxiety. Helps with inner turmoil. Can regulate metabolism.

Tiger Eye -

The stress release stone. Promotes self-awareness and relaxation. Gets rid of worry. A stone of self-confidence. Used by Roman soldiers for protection in battle. Aids in finding one's direction... a purpose-of-life stone. Useful for inspiration and problem solving.

Turritella Agate -

Spiritual Powers: guidance to past lives, a gift from the stars, safety,

protection, dispels old programming, aids in any type of transition, the survival stone. Healing Attributes: Energizing, reinforces the thymus, works with the skeletal structure particularly the hands and feet. Relieves swelling, tiredness and fatigue. Soothes the stomach, aids elimination. Helps in the absorption of zinc, calcium, magnesium and Vitamin A.

Unakite -

Spiritual Powers: Personal power. Taking charge of One's™ life. Guardian of fate, protection, leadership. Power used with gentleness, charismatic, enhances visions and journeying, balances the emotional body, rebirthing, unlocks blockages and allows release. Healing Attributes: used to discover the root causes of disease or malfunction, balances weight distribution to desired places.

Yellow Jasper -

Useful in balancing hormones. A general tissue builder. Stimulates rejuvenation of the endocrine system. Works with the thymus. Releases toxins absorbed thru the skin.

Blue Aventurine -- Deep navy blue, almost an indigo. Can energize an overworked third eye. Provides for clarity of any psychic or intuitive input.

Prehnite -- A mystical light green color that at once carries you into the subconscious and astral realms. Has been used to aid in remembering dreams.

STONES: Healing Crystals For Children

(please note the following article is for information only. In case of sickness in your child, contacting a medical practitioner first is advised.)

Healing Crystals For Children.

For ages, children have been fascinated with stones and rocks, exploring them or filling pockets or purses, or having fun with them. Being they are children and haven't the stresses or concerns of adult life, their senses can tune into the stone's properties without them even realizing it. At times, they have naturally used the stones and crystals for healing, and again, not realized they have tuned into that stone's energies.

It is a pleasure to give Readings to small children, for being they appear concern free on the surface, youngsters do have deep feelings for all that is in their environment, and they choose the stones that will help me bring about those feelings so they can deal with them. They have concerns that we adults don't even consider or realize they have. Children will chose the stones for a Reading with complete abandonment, outside of 'this is a pretty one.' And the Readings are divinely pleasurable to give.

Below are listed ten Crystals that children can use for healing, for seeking information, or for bringing about their own intuitive energies.

Please be careful of small stones with the very young, for as not to create a choking hazard. Some children like to give the 'taste test' to pretty stones.

Amethyst

This stone is considered to be a "Master Healing Crystal," and its healing quality is to purify and transmute all forms of negativity. Children that are in any transition: a physical growth spurt, experiencing a major disappointment, adjusting after a trauma or devastation, would do well having a piece of Amethyst on their person, or under their pillows at night, for the Amethyst will accept all negative emotions and will provide comfort and insight.

For physically or mentally disabled children, setting an Amethyst cluster in their room will keep negative energies at bay, maintaining a positively balanced state in their environment.

Apache Tear

This stone is considered to be "The Grief Stone." The Apache Tear is actually Obsidian. The color black means 'to let go' and children who have suffered through a traumatic experience such as their parent's divorce or the death of a loved one would do well to carry a piece of Obsidian, or sleep with one under their pillow. Apache Tear will clear the grief, help adjust to the new routine, give protection and will aid in comforting the child until he/she feels back on track with life.

Aventurine

This stone is considered the "Leadership Stone." Being this stone is green in color, it will provide a return of balance in female/male energies, bringing forth love and protection - like a nice big hug.

Children who are timid or shy would do well with carrying a piece of Aventurine or sleeping with one under their pillow. The Aventurine will help those children to become active and initiate action on their own accord, thus aiding in relieving their shyness.

It is said that Asthmatic children who carry or use Aventurine stones find their lungs open up for easier breathing.

Carnelian

This stone is considered the "Self-Esteem Crystal." If a child is experiencing low self-esteem or a feeling of inadequacy, this dark orange stone will restore feelings of their self-worth, self-love and also self-security. The lighter shades of Carnelian are said to enhance their love for their parent(s) through self-acceptance.

Also, the Carnelian is used for dermatological ailments such as acne, by holding the stone over the skin and moving it in circles over the affected area for several minutes, several times a day.

Clear Quartz

This stone is considered to be the "Healing Crystal," with it being a natural all-purpose healer. Each Crystal has it's own energy signature or healing mission, and there are numerous Crystals out there for

numerous occasions.

When a child holds a crystal, she/he will feel its energy being discharged very slowly, or quite suddenly, feeling a little tingling in the hands or what is similar to an electric shock. It is said that this felt energy will transform a disharmonious thought pattern, burn off negative emotional states, or even place a spiritual seed for one's future into the intuitive.

Placing a Quartz Cluster in a child's environment is quite nice, for there are many different types of crystals in that cluster: record keepers, transmitters, channelers, etc. Too, a Crystal Cluster is helpful to organize scattered thoughts and to deflect negative energies.

Iron Pyrite

This stone is considered to be a "Protection Stone." Due to Iron Pyrite's shiny surface, children can view this stone as a mirror, and this mirror will reflect negative energy. This stone is a great stone to bring forth a feeling of protection. The Iron Pyrite also brings forth a feeling of physical empowerment, that life in a physical form is perfect and that love is abundantly around them. Have a child who is afraid of the dark, sleep with a piece of Iron Pyrite under their pillow for feelings of protection.

Rose Quartz

This stone is considered to be the "Love Stone." This stone is also a great all-purpose healer for children, especially for those who have

numerous hurt feelings or aggressive tendencies due to experiencing trauma. It is stated that the Rose Quartz can soothe a broken heart, by presenting reality in the way things actually are, rather than the way things are wanted.

This is a good stone for those who are hyper-active for the Rose Quartz will soothe erratic emotional states, anxiety, fear, compulsions and many other mental disorders. Neurological benefits have also been noticed with the relaxation of muscle spasms when the Rose Quartz is guided over the nerve centers.

For the young hearts, the Rose Quartz will keep the heart chakra's open and protected, keeping out bad and negative energies. An excellent stone for those who are first experiencing Puppy Love.

Lapis Lazuli

This stone is considered to be a "Psychic Balance Stone." For children who show psychic gifts early in their life, the Lapis is an incredible stabilizer for them. The pretty deep blue color will stimulate the expansion of consciousness in a supportive way, prompting purification and clarity of spiritual insight.

The Lapis will also provide self-acceptance of one's gifts, encourage openness of one's spiritual awareness, protection powers, and stimulation of all psychic senses.

Sleeping with a Lapis under your pillow will prompt anyone's spiritual awareness.

Jade

This stone is considered to be the "Soother of Emotions Stone." As Jade is easily accessible and can be openly worn by children as regular jewelry, the emotionally sensitive child often in need of a supportive system to ensure their feelings do not overwhelm them should have a piece of Jade in their possession at all times. Jade will enhance confidence, self-assurance and also self-reliance. Jade is a very inspirational stone, helping one achieve their desires in life.

Tiger Eye

This stone is considered to be a "Grounding Stone." The Tiger Eye is an excellent stone for grounding psychic energy and providing security for opening up their psychic centers. Tiger Eye will also help those children stay grounded if they are used to being in a dreamworld, will help pull them back into their bodies after astral traveling, is useful for putting action to one's thoughts, and is a good stone to carry, especially for trips to the Mall with a parent, as the stone will keep a youngsters wishes on a practical level.

*Headache Solutions with Gemstones

Most headaches result from tension. Tension produces pain in the neck and shoulders resulting in constriction of the blood vessels and blood circulation resulting in headaches. Stress, guilt, fear, anger, depression, and rage are all contributing factors to tension headaches.

Underlying health problems can also result in headaches. Everything from sinusitis to nutritional imbalance, spinal misalignment to PMS, poor circulation to TMJ are all culprits. Food allergies and additives, cigarette smoke, air pollutants, poor ventilation, certain drugs, chemicals, and overexposure to sun are also factors. Proper diagnosis of the particular headache makes treatment much more specific and easier to diagnose.

Migraines are the result in an abnormal flow of blood to the brain. Pain can last for several hours to several days. Migraines are frequently related to food and environmental allergies. They may also be brought on by poor circulation, chemical sensitivities, changes in humidity, stress or underlying illness. If you get frequent or unusually severe headaches, medical attention must be sought. Typically, migraines bring severe, one-sided throbbing pain (in 40 percent of cases, however, the pain occurs on both sides). Often this is accompanied by nausea and vomiting and perhaps tremor and dizziness. Some people also experience premigraine warning symptoms, including blurred vision, "floating" visual images, and numbness in an arm or leg.

NUTRITION

Water is essential in any healing process. Distilled water is the best. 6-8 eight ounces glasses per day.

- Be aware of your caffeine intake. If you don't get your daily dosage of caffeine, your blood vessels will dilate, possibly giving

you a headache. Too much caffeine will also give you a headache, so try to limit yourself to two cups of coffee a day.

- Don't chew gum. The repetitive chewing motion can tighten muscles and bring on a tension headache.

- High salt intake can trigger migraines in some people.

- Skipping or delaying meals can cause headaches two ways. A missed meal can cause muscle tension, and, when blood sugar drops from lack of food, the blood vessels of the brain tighten.

- When you eat again, they expand, leading to headache. Eating more smaller meals often helps as a preventative measure.

- Milk can sometimes be a culprit.

- Hot dogs, like luncheon and other cured meats, contain nitrates. Nitrates dilate blood vessels, which can cause head pain. Monosodium glutamate (MSG) is often not absorbed well into the human system and can cause throbbing headaches. This ingredient is often found in Chinese food. Chocolate contains tyramine, a chief suspect in causing headaches. Often, many people outgrow this chemical reaction to tyramine. The body appears to build up a tolerance for it at a young age. Also, nuts and some aged cheeses both contain tyramine.

- Smoking can cause headaches. You should not smoke, period.

- Carbon monoxide gas appears to adversely affect brain blood flow.

- Alcoholic drinks can cause headaches. Also, some liquors contain tyramine.

MANAGING YOUR HEADACHE

- Sleep. A lot of people sleep a headache off, but don't oversleep.

It is not recommended that you nap. While a nap may rid you of an existing headache, you don't want to nap if you're headache-free.

Napping can actually cause migraines to those who are PRONE to them.

Sleeping in an awkward position, or even on your stomach, can cause the muscles in your neck to contract and trigger a headache. Sleeping on your back or in a fetal position helps. Posture also plays a role. Stand tall, sit straight. Avoid leaning or pushing your head in one direction.

- Heat and Cold. Some people like the feeling of cold against their foreheads or necks and for them it seems to help. An ice pack applied to the areas of the head, neck, back or shoulders will often relieve the burning sensation of headaches. Others prefer hot showers or putting heat on their head, shoulder blades or necks. The idea is to find what works best for your type of headache.

- Deep breathing is a great tension reliever. Take note: you're doing it right if your stomach is moving more than your chest. Check yourself for signs that you are tensing up and inviting headache—clenched teeth, clenched fists, hunched shoulders.

- Learn biofeedback. Studies have proven it effective for both tension headaches and migraines. Use your hands. Both self-massage and acupressure can help. Two key points for reducing pain with acupressure are the web between your forefinger and thumb (squeeze there until you feel pain) and under the bony ridges at the back of the neck (use both thumbs to apply pressure there). Excessive noise is a common trigger for tension headaches.

- Protect your eyes from the sun, fluorescent lighting, television, or a video display terminal—can lead to squinting, eyestrain, and, finally, headache. Sunglasses are a good idea if you're going to be outside. If you're working inside, take some rest breaks from the computer screen and also wear some type of tinted glasses.

Crystal Therapies

Crystals have both piezoelectric and pyroelectric properties. This means that the polarities of the crystal will change when subjected to pressure or heat (even body heat from the hands). This will radiate energy from the crystal due to this reversal of polarities. It provides the transfer, storage and transformation of energy. Offering a balanced energy field, energy modification, amplifies both energy and thought, clarity in thinking, and harmony and alignment with the chakra energy areas.

HEADACHES:

Amethyst, Cat's Eye, Charoite, Dioptase, Lizard Stone Jasper, Jet,

Cherry Opal, Sugilite, Sheet Topaz, Turquoise.

Amethyst:

Translucent, purple/lavendar Qtz. Psychicness, imagery, mind quieting. Wear when sleeping or when awake to reduce anger, impatience, and nightmares. Brow + Crown Chakra. Headaches, eyes, scalp/hair, pituitary, pineal, bloodsugar balance. Especially helps sobriety; alcohol/food/sex/other addictions. Famous ancient detoxifier (especially helped with poisons, alcohol). Dream recall. Stone of spirituality, contentment, meditation. Provides common sense, flexibility in decisions.

Chrysoberyl:

Translucent Gold or Green Cat's Eye (often confused with qtz. Tiger's Eye, but rarer). Usually clear, green or green/brown, nongreasy. For acquiring more prosperity. Confidence, self-pride, healing. Amplifies other gems Some are irradiated to turn green- trust your feeling with each stone.

Charoite:

Purple, solid. Newly coming into greater use. Works with Indigo & violet Chakra to transmute/lift us out of emotions, fear. Seeing old patterns with new possibilities. Opens heart, inspiration, service, seeing clearly (mentally, physically, psychically), faster healing. Some find useful also for entity release work and alcohol/liver detoxification.

Diopase:

Tiny deep blue-green silicate crystals. Its powerful green reaches deep into the Heart Chakra to release and heal sadness, heartache, abuse, neglect...Converts loss (recent/childhood) into self-love. Empowers heart with new depth, strength, healthiness, courage, ability to love deeply, unconditionally. Connects emotional heart with spiritual heart to receive abundance. Promotes genuineness, sincerity, emotional balance, self-worth, deep well-being. Central Nervous System, lungs, heart, blood pressure, stress. Can send healing deep into the earth.

Jasper:

Chalcedony qtz. Multicolored, solid. Yellow, orange, brown, green. Yellow for stomach, intestines, liver, spleen areas. earthy grounding. Green: Respiratory/Heart Chakra. General tissue regeneration; mineral assimilation; general healing. Darker colors: more grounding. Suggested to be used for elixirs because it will not over-stimulate any part of the body. Considered more effective if it is used for long periods of time because it works slowly. It is a methodical and meticulous worker. Each color of Jasper has additional specific qualities when used alone. Jasper works well in conjunction with Opals. Recommended for executives as an aid to quick thinking. Also helps them endure stress.

Jet:

A fossilized organic matter used as a healing stone. A form of petrified wood similar to coal, though much harder. Has absorbing

qualities. Helps draw out negative energy. Especially useful for people who have unreasonable fears that limit their lives. Helps control mood swings and fights deep depression. Recommended for stimulating psychic experience and guiding one in the quest for spiritual enlightenment. If worn, it should be set in silver.

Sugilite: "Lavulite/Royal Azele"

Solid, violet pink to purple. Psychism. Gets you in touch with your Spiritual Guides. Important healer's stone used to gently draw out pain (headaches too), inflammation, stress, dis-ease, toxins, emotional blocks. Protects; Absorbs and dissolves anger, hurt, unwanted energies. Is placed on Brow to alleviate depression/despair, stress. Brings spirit/light into physical body and heart for healing. Balances adrenal, pineal, pituitary, Lt/Rt brain. Peace of mind, well being, spiritual love.

Topaz:

The stone of "true love and success in all endeavors". It can be used to manifest health and correct disorders within the body. They promote understanding, compassion, kindness and empathy. They open and heal the hearts of those who have closed them while also protecting the open-hearted from too much pain. Instrumental in visualizations for healing and attracting in meditation and projection. Helps one to creatively change personal world, enhance awareness, expansiveness and manifestation.

Turquoise:

Lt blue/blue-green. A good general healer for all illnesses and

excellent conductor (high copper). Speech enhancer, Friendship, Communication, Healing. This gentle, cool, soothing stone is a Native American classic. It opens the Throat Chakra, for open communication, creativity, serenity, spiritual bonding, upliftment; Opens the Heart Chakra for giving/receiving. Symbolizes our source (spirit/sky) and spiritual love for healing, help. On brow: Psychic connection to great spirit. Strengthens and aligns all meridians, chakras, and energy fields. Like amethyst, it protects and detoxes from alcohol, poison, pollution, x-ray/sun radiation. Ancient absorber of "negativity"; protection from "evil eye." Brings wisdom. Helps anorexia, headache, fear, etc. Throat, lungs, asthma, infections, teeth, TMJ, hearing, high blood pressure, creativity block, depression. Dull, paler, weaker. Works well with Chrysocolla, best with Silver. Used for healing on every continent! Androgynous, balances yin/yang. Fades in sunlight, sweat, oil, dishwater...Avoid bleach/chlorine!

Quartz Technique and Headaches

Special technique for headaches, using quartz crystal can be very useful. Most pain needs energy to repair itself. Headaches are due to too much energy in the head. Energy flows in and out of the head through the Brow and Crown Chakra. When blockage occurs, usually this is emotionally related, the energy cannot be released and the excess pressure causes pain. Excess energy needs to be removed.

*Place a quartz crystal point in your dominant hand with the point upward.

*Place this hand with the crystal on the Solar Plexus Chakra. Place the other hand on the headache pain.

*This energy transfer from the head to the energy center of the Solar Plexus can take up to 30 minutes.

*Through this process, allow your body to breath deeply with your eyes closed.

*The energy transferred to the Solar Plexus actually balances the whole entire body sytem, ridding the head of the pain.

Goddess Correspondence Stones

These are the stones I use as a representation of the Goddesses in Magickal workings. I have included a number of well-known Goddesses and my personal correspondence stone or stones for each of them. You might find some crossovers; most Goddesses will have more than one stone, and this is okay. The Goddesses are in alphabetical order.

I set myself this task of creating the Goddess correspondence stones as a way of reading more about the individual Goddesses and thinking about them. I was already well-versed in the healing properties of crystals and gemstones and wanted to do some more work on their magickal aspects without resorting to other people's books. I found this a really nice way to learn more about the many aspects of the

Goddess and the stones.

Also, this list is coloured by those aspects of the Goddess to which I personally relate and those which I have had cause to call upon or work with from time to time, so there are many, many missing. I really hope you find this useful.

Aditi - Crocoite, Red Jasper

Aphrodite - Rose Quartz, Garnet, Smoky Quartz

Amaterasu - Fire Agate, Pyrite, Sunstone

Ariadne - Angelite, Blue Apatite, Lapis Lazuli, Sodalite

Arianrhod - Aquamarine, Moonstone

Artemis - Quartz Crystal, Garnet

Asherah - Boji Stone, Epidote, Staurolite, Alexandrite, Charoite, Unakite

Astarte - Rose Quartz, Garnet, Smoky Quartz, Fire Agate, a dish of red and white stones

Athena - Green Apophyllite, Red Calcite, Aragonite, Selenite

Baba Yaga - Amazonite, Chiastolite, Prase, Scapolite

Bast - Fire Agate, Pyrite, Sunstone, Agate, Jasper, Lapis Lazuli

Baubo - Boji Stone, Larimar, Obsidian

Blodwedd - Amazonite, Carnelian, Chrysocolla, Citrine, Epidote

Branwen - Rose Quartz, Green Apophyllite, Aquamarine

Brigid - Gold, Angelite, Lapis Lazuli, Sodalite

Cailleach - Quartz Crystal, Labradorite, Stones from the beach or river, or dug from the garden

Ceres - Angelite, Sodalite, Amethyst, Bloodstone, Selenite

Cerridwen - Aquamarine, Alexandrite, Charoite, Unakite

Cybele - Boji Stone, Epidote, Staurolite, Red Quartz, a dish of earthy coloured stones or stones dug from the garden

Dakini - Garnet, Boji Stone, Amazonite

Demeter - Crocoite, Red Jasper, Boji Stone, Moss Agate, Green Fluorite

Devi - Garnet, Prase, Smoky Quartz

Durga - Larimar, Yellow Apatite, Carnelian

Ereskigal - Black Obsidian, Black Tourmaline, Smoky Quartz, Lapis Lazuli

Ezili-Freda-Dahomey - Garnet, Pearls

Fortuna - Citrine, Pyrite

Freya - Scapolite, Crocoite, Red Jasper

Gaia - All stones are from the earth, so use any you wish. I like to place a small dish of assorted stones on the altar to represent Gaia, the Earth

Hathor - Boji Stone, a dish of brightly coloured stones (yellow, orange, green etc), Blue Lace Agate, Black Star Diopside, Obsidian

Hebe - Agate, Angelite, Bloodstone, Green Diopside, Hematite, Yellow Jasper

Hecate - Dark stones such as Black Tourmaline, Hematite, Smoky Quartz, Black Obsidian

Hestia - Fire Agate, Ruby, Sulphur, Tiger Eye

Hokkmah - Larimar, Topaz

Inanna - Amber, Kunzite, Obsidian, Labradorite

Ishtar - Quartz Crystal, Moonstone, Garnet

Isis - Fluorite, Lapis Lazuli, Malachite

Juno - Garnet, Boji Stone, Carnelian, Chrysocolla, Citrine

Juventas - Green Aventurine, Bloodstone

Kali - Black stones, especially Black Obsidian, Fire Agate, Sulphur,
Alexandrite, Charoite, Unakite

Kore - Air magick stones such as Amber, Celestite, Herkimer Diamond,
Sodalite

Kuan-Yin (aka Quan Yin and Kwannon) - Rose Quartz, Selenite, Quartz
Crystal, Rutilated Quartz, Topaz

Kunapipi - At least one stone from Australia. I generally use a
small dish of Australian stones in earthy colours.

Lady of the Beasts - Quartz Crystal

Lakshmi - Citrine, Gold, Silver, Diamond, precious stones

Lilith - Garnet, Smoky Quartz

Maat - Diamond, Quartz Crystal

Metis - Boji Stone, Larimar

Minerva - Kunzite, Mica, Fluorite

Morgan - Larimar, Aquamarine, Blue Calcite, White Coral, Moonstone,
Morganite

Morrigan - Scapolite, Amber, Kunzite, Obsidian, Morganite

The Muses - Aquamarine, Blue Apatite, Blue Lace Agate

Nephthys - Amazonite, Chiasolite, Scapolite

Nut - Amber, Celestite, Herkimer Diamond, Sodalite

Oshun - White Coral, Watermelon Tourmaline, Blue Calcite,
Aquamarine, Copper

Ostara (aka Eostre) - Pyrite, Sunstone, Prase

Oya - Dark red stones (such as Ruby, garnet, Red Jasper)

Parvati - Crazy lace Agate, Honey Calcite, Ruby, Rutilated Quartz

Pele - Fire Agate, Ruby, Sulphur, Tiger Eye, Tiger Iron

Persephone - Pink Tourmaline, Sugilite

Qadesh - Garnet

Radha - Rose Quartz, Cassiterite

Rhea - Moss Agate

Rhiannon - Danburite, Sapphire, Howlite, Jade

Sarasvati - Aquamarine, Blue Calcite, White Coral, Watermelon
Tourmaline, Fluorite

Sekhmet - Fire Agate, Sunstone, Pyrite

Selene - Moonstone

Shekinah - Fluorite (I like to use a small Fluorite sphere but any
Fluorite will be fine)

Shulamit - Blue Apatite

Sophia - Fluorite (especially purple and blue)

Tanit - Sunstone and Moonstone (together if possible)

Tara - Ametrine, Orange Aventurine, Gem Silica, Chrysocolla

Themis - Boji Stone, Chrysocolla, Jade, Citrine, Epidote

Tiamat - Aquamarine

Urvasi - Garnet, Aquamarine

Venus - Any large stone near a tree, Garnet, Rose Quartz

Vesta - Fire Agate, Opal

Yemaya/Ymoja - Aquamarine, Coral

Yhi - Angelite, Lapis Lazuli, Sodalite, Australian stones, Epidote

Zirna - Moonstone, Rose Quartz

Glacier Selection of

Crystals, Minerals, Fossils

According to the signs of the

ZODIAC

JANUARY 21-

FEBRUARY 19Hematite * Amber * Amethyst * Barite * Garnet * Silver * Feldspar

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FEBRUARY 20-

MARCH 20Amethyst * Opal * Bloodstone * Coral * Blue Lace Agate * Aquamarine
* Enhydro * Flourite * Halite * Fire Opal * Cowrie shell * Turquoise *

MARCH 21-

APRIL 20Aventurine * Fire Agate * Brazilian Agate * Aquamarine * Bloodstone
* Citrine * Diamond * Dinosaur Bone * Emerald * Goethite * Hematite * Iron *
Jade * Kyanite * Sardonyx * Tektite *

APRIL 21-

MAY 21Carnelian * Selenite * Kunzite * Diamond * Blue Tourmaline *
Chrysocolla * Emerald * Iolite * Jade * Kyanite * Rose Quartz * Rutile *
Copper *

MAY 22-

JUNE 21Rutilated Quartz * Aquamarine * Blue Sapphire * Phenacite *
Apopholite * Celestite * Chrysocolla * Copal * Emerald * Howlite * Jade *
Pearl * Henacite * Rutile * Sandstone *

JUNE 22-

JULY 22Calcite * Moonstone * Ruby * Carnelian * Enhydro * Halite * Marble *
Opal * Fire Opal * Pearl * Tektite * Silver *Bornite (Peacock Ore) *

JULY 23-

AUGUST 23Citrine * Amber * Garnet * Jasper * Labradorite * Carnelian *
Diamond * Gold * Iron * Onyx * Fire Opal * Peridot * Petrified Wood * Pyrite
* Rhodochrosite * Ruby * Sulphur * Sunstone *

AUGUST 24-

SEPTEMBER 23 Smoky Quartz * Watermelon Tourmaline * Amazonite * Peridot *
Amethyst * Sugilite * Holly Blue Agate * Moss Agate * Chrysocolla * Fossil *
Garnet * Geode * Iron * White Opal *

SEPTEMBER 24-

OCTOBER 23 Rose Quartz * Tourmaline * Chrysoprase * Lepidolite * Ametrine *
Apopholite * Bloodstone * Citrine * Iolite * Jade * Kyanite * Lepidolite *
Moonstone * Nephrite * Opal * Fire Opal * White Opal * Sunstone *

OCTOBER 24-

NOVEMBER 22 Turquoise * Moldavite * Botswana Agate * Charoite * Enhydro *
Labradorite * Malachite * Moonstone * Opal * Peridot * Rhodocrosite * Ruby *
Thunderegg * Unakite *

NOVEMBER 23-

DECEMBER 21 Lapis * Sodalite * Obsidian * Topaz * Azurite * Covellite *
Chalcedony * Charoite * Chlorite * Herkimer Diamond * Iolite * Labradorite *
Fire Opal * Peridot * Ruby * Smoky Quartz * Turquoise * Copper *

DECEMBER 22-

JANUARY 20 Tigereye * Jade * Malachite * Fluorite * Black Tourmaline * Green
Tourmaline * Amethyst * Garnet * Smoky Quartz * Trilobite *

Gemstones Throughout the Home

Stones and crystals can strongly affect the way your home feels, and the way others feel when inside. Following are a few suggestions to placing gemstones around the home to make it more comfortable and inviting.

The Front Door and the Hall

A good way to start in your home is with the entrance. This is where most things enter your home, be they friends, the family pet, flies and spiders, and negative energy. Keeping a Dragon's Eye (like a red Tiger's eye) near the front entrance acts as a powerful talismanic guardian to your home. It might even keep away salesmen, or those pesky Jehovah's Witnesses who don't quite get that you want to be left alone (you'd be surprised how often they'll return to your home).

If your front door opens into a room instead of a small front hall, consider placing a set of floor-to-ceiling shelves near the door. This not only provides an excellent place to display your stones, but it lets the energy circulate through your home, rather than shooting straight through. Also, keep a crystal mobile or wind chime near the front door to further encourage circulation. Try to find one in a spiral pattern.

Hallways are, in most houses, like dark tunnels. Try lightening yours up with a shelf displaying your more precious gemstones. Choose stones to warm and brighten the atmosphere. Bright colours like sulphur or opal, or reflective stones like hematite, can add interest to your hallway. You could try a narrow hall table instead, hanging a mirror over it and keeping a dish of polished gemstones on it.

Staircases are equally dark most of the day (unless you're fortunate enough to have a skylight overhead). Hang a mirror in the stairwell, and suspend a crystal mobile in front of it. This provides interest without distraction.

Living Room, Den, Whatever You Call It...

If you're looking for a family member, this is usually the first room to check. It's the room with the most comfortable couch and the most worn carpet at the doorways. Keep a rock crystal (natural or cut, preferably) in a place where the sun can shine through it. Even hanging a small one in a sunny window can add interest and beauty. Try keeping a dish of egg-shaped stones in a glass dish to encourage the circulation of energy. Use warm colours like amber and carnelian in a north-facing room, and cool colours like malachite and black opal in a south-facing room. If your room faces east or west, try white or clear stones, so the morning or afternoon sun can shine through them.

Try creating a landscape centerpiece to add interest to your room. Take a shallow dish and fill it with sand. Put a bowl of water to one side and drop in some red stones, such as carnelian, ruby, or dragon's eye. At the opposite side, place a black stone, about the size of the bowl. Now you have a mountain and a pond. Place a white stone near the bowl and a blue stone opposite that, near the black stone. Draw fine lines in the sand, or sprinkle with clear stones or marbles across the surface. It certainly adds a conversation piece to the room.

The Kitchen

Kitchen windowsills are one of the best places to display your stones. Clear stones aren't really recommended for a kitchen, since grease from cooking can muck them up pretty quick.

The best gem to have in the kitchen is salt. Keep a jar of sea salt on display. It is a reminder of life, symbolizing purity, cleanliness, and human worth. Green stones are also a nice sight in the kitchen, and add a comforting atmosphere. Hang a piece of watermelon tourmaline in the window to add colour when the sun shines through. Other nice stones are moss agate and serpentine, as well as pink stones such as rose quartz.

The Dining Room

Once again, the crystal mobile makes an appearance. Hanging one over the dining table can help to circulate energy around the table. Decorating with gemstones is dependent on the occasion. Rose red and turquoise are good colours for a romantic setting, hematite and serpentine are good for an informal lunch, tiger's eye and citrine are excellent for a business lunch. Each combination of stones adds to the atmosphere of the meal. Keep a dish of crystals in the centre of the table. Non-porous stones in a dish of water is a nice touch. My suggestion is to take a deep glass bowl, stick a bunch of translucent and transparent crystals in the bottom, fill with water and add some floating candles. For a more romantic setting, you could also float rose or jasmine petals in the water. Opal is a beautiful stone to display at the dining table. It is wonderful to look at, and adds richness to the setting.

The Bedroom

Gemstones and crystals can create a wonderful atmosphere in a room, no matter what mood you're looking for. You can opt for beautiful colour and shape, or you can choose your stones based on functionality. Keeping a display of gems on your bedside table that promote sleep is one suggestion. These include such stones as

hematite, to aid in deep sleep, moss agate to ward off nightmares, or amber to help you wake up in the morning.

To create an atmosphere of intimacy, keep darker purples, reds, and blacks on display. Stones such as lapis lazuli, obsidian, sardonyx, or amethyst. Spheres and egg shapes are ideal, since they symbolize fertility and femininity.

Kids' Bedrooms

A lot of kids are fascinated by stones. My 1-year old cousin learned how to say "stone" because of my collection. There's different theories on buying stones for children. Some say you should buy uncut, natural stones, so they learn to appreciate their natural beauty. Unfortunately this doesn't let them touch the stones and physically experience them. I say a healthy mix of polished and natural is good. You can keep the natural ones on display on a high shelf, and let them play with good, solid, polished stones, like onyx or quartz - stones that will hold their shape when bumped together, or thrown down the stairs. Anyway, we're talking about decoration here, not childrens' aesthetic pleasure in stones. Naturally, you'd want to use pink stones for girls' rooms and blue stones for boys' rooms. Ever wondered why? In feng shui, yin is feminine - cool, dark, submissive, and receptive, which is represented by the colour blue. Yang is male - hot, bright, dominant, and active, represented by red. We use pink to warm the cool energies of girls, and blue to cool the hot energies of boys. Of course, you can always substitute oranges or purples for pinks and blues. Gems like rose quartz and ruby for the pinks and reds, blue howlite and lapis lazuli for the blues, amethysts for the purples and citrines for the oranges would be beautiful displayed on a shelf. I also suggest keeping a dish of reachable polished stones for children to play with and enjoy.

The Bathroom

This is a private place of calm relaxation and fun. Not only can stones in the bathroom be for display, but they can be functional too. Keeping a few pumice stones around not only adds texture, but they're also healing, and they really take off those dead skin cells. When decorating the bathroom, be sure to use stones that won't be affected by the steam and water. Rock crystal is ideal, as it won't be dulled by the heat and moisture. If you want more colour and interest, you could display smaller gemstones in a water-tight jar, perhaps mixed with some seashells. Another suggestion that also adds atmosphere is to put waterproof stones in the bottom of a wide-mouthed jar or bowl, and put some floating candles on top. Even bath salts in a jar could count as gemstones, in a way. A lovely display in the bathroom would be a shelf of bath oils, salts, and large stones like rock crystals, perhaps with a few brightly coloured candles. Let your imagination run wild - after all, it's the most relaxing room in the house next to the bedroom.

At any rate, let the world see your gemstone collection. Create a mood in your house, and fill it with the energies of the gifts of the earth. Even something as simple as the specks of rainbow from a lead crystal prism adds its own simple beauty and comfort to a room. Above all, don't be afraid to be creative and imaginative.

Gemstones for the Sabbats

CANDLEMAS: Amethyst, garnet, onyx, turquoise.

SPRING EQUINOX: Amethyst, aquamarine, bloodstone, red jasper.

BELTANE: Emerald, orange carnelian, sapphire, rose quartz.

SUMMER SOLSTICE: All green gemstones, especially emerald and jade.

LAMMAS: Aventurine, citrine, peridot, sardonyx.

AUTUMN EQUINOX: Carnelian, lapis lazuli, sapphire, yellow agate.

SAMHAIN: All black gemstones, especially jet, obsidian, and onyx.

WINTER SOLSTICE: Cat's-eye and ruby.

Gemstone Symbolism & Healing

The following list of claims are not to be taken as fact. Please, see your medical practitioner for help for medical problems.

*Agate - powerful healer, increases endurance and determination, grounding, cleans the body-light, hardens gums, protects vision.

*Amazonite - increases self-awareness and self-love, inner and outer peace.

*Amber - calms nerves, relieves depression, links intellect to wisdom, protective, strengthens ears, throat and vision, aids in asthma and hay fever, draws negativity out of the body.

*Amethyst - opens and develops psychic abilities, calming, sobering, eliminates bad habits and helps build new good ones, spiritualism.

*Apache tears - comforts grieving with insight and acceptance, forgiving, forgetting.

*Aquamarine - strengthens and tranquilizes the body, mind and spirit, gnostic learning, increases compassion and learning, tolerance, protection while at sea.

*Aventurine - gentle healing, prosperity, success and creativity, a sister to Rose Quartz.

*Beryl - aids liver and diaphragm.

*Bloodstone - powerful healer, strengthening, like iron to the blood, cleansing, connection to ancestors.

*Blue Lace Agate - calms and soothes the nerves, eases arthritic discomfort, strengthens bones, adds grace to communication.

*Boji Stone - balances energy fields, heals the aura; removes blockages.

*Botswana Agate - helps to find solutions to problems, releases repressed emotions and creativity, loving vibration.

*Calcite, clear - purifies the body of light, improves memory and intellect, spiritual enlightenment.

*Calcite, green - fights infection, diminished arthritic pain.

*Calcite, honey - eases spasms.

*Calcite, orange - solar energies.

*Carnelian - increases and grounds energies, adds endurance and encouragement, a blood purifier.

*Celestite - spiritual consciousness, soothing and attuning.

*Chrysocholla - powerful woman's healer, meditation, self-expression.

*Chrysophase - manifesting power and talent, overcoming problems, eases depression.

*Chrysolite - dispels fevers, prevents nightmares.

*Citrine - positive mental powers, adds self discipline.

*Copper - treating arthritis, warm and loving, solar, mars, cleansing,

when wrapped around quartz, will generate energy.

*Coral - soothing, protective, spiritual matters of the past, digestive aid, soothes ulcers, sores and eyes.

*Diamond - emphasizes thoughts and emotions, positive or negative, manifest abundance, eases coughs and tooth-aches, prevents insomnia and convulsion, aids the lymph systems.

*Emerald - strengthens the eyes and the mind, adds eloquence, powerful healer.

*Fluorite - positive and cheerful vibration, strengthens teeth and bones, aids transitions, concentration and meditation, relieves blockages.

*Garnet - patience and persistence, heals relationships, creative energies, helpful in blood diseases and anaemia.

*Gold - aggressive, masculine vibration, purifies the body, breaks depression and negativity.

*Hematite - meditation, inventive, aids in astral travel, helps blood ailments.

*Jade - wisdom through dreams, decision making, eases stomach pains, aids kidneys and urinary functions, strengthens muscles, purifies blood, improves charisma.

*Jasper - powerful healer, strengthening, grounding, protection from negative energy and nervousness, aids stomach problems.

*Kunzite - releases emotional blocks, soothing.

*Lapis Lazuli - wisdom and fortitude,
powerful healer of eyes and bones,
decision maker, psychism, vitality.

*Lepidolite - very soothing, stress reduction, refreshing, aids changes.

*Malachite - protective vibration, balances emotions, removes emotional blocks.

*Moldavite - a meteorite that aids in 'inter-dimensional connections.'

*Moonstone - emotional attunement and balance, psychism, dream work, aids dropsy, regaining strength, 'watery disturbances.'

*Obsidian - awakens dormant potential and manifests it, imparts gnostic wisdom.

*Obsidian, Snowflake - aids in protecting the body of light.

*Onyx - protective; calming, collects negative energy, to be cleansed later.

*Opal - release inhibitions, spontaneous action, protects eyes and heart, shields against disease, awakens psychism and mystical awareness.

*Peacock Ore aka Bornite - releases unneeded things, refreshing, helpful vibration.

*Pearl - stabilizes emotions, helps the body metabolise calcium, purity and integrity.

*Peridot - body purifier, aids physical regeneration, clarifies and orders thoughts.

*Petrified Wood - discovering past lives and experiences, grounding and balancing, builds physical energy.

*Prehnite - enhances memory and precognition, heals the kidneys, bladder and gout.

*Pyrite - heals emotional wounds from unrealized dreams, cheering and sunny vibration.

*Quartz - speeds healing of the body, mind and spirit, aids in psychic development, an energy booster and all purpose crystal.

*Rhodochrosite - strengthens sense of self, heals deep emotional trauma, balances with a loving vibration.

*Rhodonite - aids in discovering potential, self-confidence, friendship, compassion, protects against unwanted psychism.

*Rose Quartz - aids in love and matters of the heart.

*Ruby - powerful energizer, improves creativity and love, eases pain and sores, reduces toxicity, relieves constipation and eye troubles, fights tuberculosis and colic.

*Rutilated Quartz - healing and rejuvenating, energizing, aids in clairvoyance and thought projection.

*Sapphire - increases intuition and communications, aids in right-action, aids eyes, boils, colic and rheumatism.

*Sardonyx - banishes grief, stabilizes mental and emotional states.

*Selenite - attunes the mind to aid lucidity and perception.

*Silver - sensitive, feminine, attunement to environment, psychism.

*Smoky Quartz - dispels negativity and disease, cataPsi shielding and sending.

*Soapstone aka Steatite - stabilizes atmosphere, parts the old and opens the new.

*Sodalite - balances the Three Selves, dispels illusion, grounding.

*Staurolite aka Fairy Cross - Earth blessing, luck, nature spirits.

*Suglite - aids channelling and meditation, balances inner worlds.

*Sulphur - melting barriers, physical radiance, purification and clearings.

*Tektite - this meteorite aids understanding and evaluation of situations, aids in communicating with spiritual beings.

*Tiger's Eye - courage, clear thinking, protection.

*Topaz - increasing wisdom, self-confidence, creativity, detoxifier, vision.

*Tourmaline, black aka Schorl - dispels negative energy, calming, fights nervousness.

*Tourmaline, dark green - protective, physical strengthener.

*Tourmaline, green aka Verdelite - charisma, business success, healing and toning.

*Tourmaline, pink aka Rubellite - loving and sharing, improves relationships.

*Turquoise - balances emotions, aids communications, attunes you to the Earth, vision, youth.

*Unakite - manifests love and creativity, grounding, peaceful and balancing.

Gemstone Magickal Properties

Amber: Related to the fire element & the Sun. It cleanses negative energies, dispels gloom, instills positive energy, brings wisdom, balance, patience & promotes altruism. Amber is self healing, imparts revitalization, stimulates happiness, opening & cleansing. It provides protection, luck, healing & strength.

Amethyst: This beautiful purple stone is aligned with the crown chakra & the element of water. It is receptive, increases psychic awareness, enhances meditation & visualization, calms fears, is healing, manifests dreams, good for peace, love, happiness & protection. It can be used to release addictions of all types & it provides protection from negativity. It is a stone of spirituality & contentment.

Bloodstone: Helps with circulation and physical wellness, healing. Incorporates courage & protection.

Cat's Eye, Blue: Stimulates awareness and intuition, helps find balance; also known to bring supreme happiness. Dispels unwanted energy and provides protection. Water magick. Balance, peace and patience, communications, health friendships, dreams, sleep, inspiration, harmony in the home, meditations.

Cat's Eye, Green: Stimulates awareness and intuition, helps find balance; also known to bring supreme happiness. Dispels unwanted energy and provides protection. Use for earth magick, faerie magick, money, luck, fertility, faerie contact, spirit guide contact.

Cat's Eye, Gold: Stimulates awareness and intuition, helps find balance; also known to bring supreme happiness. Dispels unwanted energy and provides protection. Use for fire magick, sun magick, hopes, fortune, money, strength, success.

Cat's Eye, Purple: Stimulates awareness and intuition, helps find balance, It is also known to bring supreme happiness. Dispels unwanted energy and provides protection. Use for protection, power, spirit contact, breaking of bad luck, driving away evil, divination, spiritual and psychic powers, astral projection.

Garnet: A stone of vital power and energy, it lends vitality and strength. It aids in raising and directing the flow of kundalini energy and increases sensuality. It is associated with the root chakra. Given as a gift garnet symbolizes true and never-ending love and devotion. Garnet invokes and releases one's creative ability and inner fire.

Hematite: One of the most grounding of all stones. Condenses scatteredness, fuzziness into mental clarity, concentration, memory, practicality, helps study, bookkeeping, detail work, sound sleep. Confidence, will power, boldness. Egyptians used also to calm hysteria and anxiety. Yang. Helps us adjust to being physical. Spleen, blood, cleanse. Can deflect. Regroups after jet lag, stress, birth, anesthesia.

Jade Green: Used to keep lovers and mates faithful. Brings luck and money

Jasper: Energizing mentally and physically. Helps prevent set backs or backslides.

Labradorite: This colorful, luminous stone with flashes of gold, green & blue, belies its dark outer appearance, for it holds within its darkness a rainbow of brilliant hues that can be seen most fully when it is exposed to direct light. Labradorite is used for earth magick & divination. It fortifies intuition & mediumistic abilities, stimulates imagination making us contemplative & introspective, grounds spiritual energies into the body, raises consciousness, is protective, relieves stress & has a calming

influence.

Lapis: This deep blue opaque stone is aligned with the element of water, & is used to stimulate the throat & third eye chakras. It aids in past life recall & can be a catalyst for bringing old emotional wounds to the surface for healing. It is associated with courage, wisdom, insight, strength, clarity & compassion, & enhances those qualities in those that wear it. It enhances inner visions & the attainment of wisdom. It provides protection, is a potent fidelity charm & attracts spiritual love.

Leopardskin: Ensures safety and protection whether mental or physical.

Mahoghany Obsidian: Strengthens you in times of need. Supports all major chakras.

Moldavite: This powerful stone can be worn on any part of the body & will affect the entire auric field. It is an excellent meditation stone, often used at the heart, third eye & crown chakras. This powerful stone has an extremely high vibration & helps to accelerate spiritual growth, as well as increase access to inner guidance. It enhances clairvoyance, allows insight into the meaning of our lives, encourages sympathy & compassion. This wonderful & strange gemstone is the only known gem to fall to Earth from the heavens, about 14.8 million years ago.

Moonstone: Balancing, introspective, reflective, lunar; it is aligned with the energies of the Goddess. It promotes emotional well being & joy, stimulates intuitive recognition, alleviates emotional tension, promotes good fortune, is protective during travel, & represents new beginnings

Opal: This gorgeous stone is usually quite transparent, tinged with a pale, dusky blue. It amplifies the positive emotional states (connect with joy while releasing old wounds), & is the conduit to the truth of our essential joy. It is related to the fire element & aids in clearing the emotional body in the auric field. It brings out inner beauty, loyalty, faithfulness & spontaneity.

Rainbow Fluorite: Used for health and warding off disease. Helps you see the truth and increases intuition.

Rhodonite: Helps to reduce confusion. Enhances Peace and Love.

Rose Quartz: Brings love. Overcome loss grief and sadness. Help you to love yourself.

Ruby: Associated the fire element. It shields against psychic attack, aids in retaining wealth & passion, assures restful sleep, encourages us to follow our bliss, & guards against storms & negativity. It aids courage & the life force, imparts power & joy

Sapphires: Relate to the water element & relax, focus & calm the mind. They restore balance within the body, release depression & spiritual confusion, impart mental power & self discipline, enhance psychism, love, meditation, healing & peace. They are used in defensive magick & are the guardians of love.

Seraphinite: It is thought to be among the most important stones yet discovered for connecting with the higher energies. It is a purifier, & cleanses the aura, chakras & energy meridians. It is centering & energizing, integrates the heart & crown chakras, a powerful tool for developing compassion, & a premier healing stone.

Siberian Quartz: This lovely blue/green stone stimulates creativity, is clearing &

balances the heart chakra.

Snowflake Obsidian: Promotes self esteem and self confidence.

Sodalite: All Round Healing Stone, Good for Meditation & Wisdom

Sunstone: Enhances personal power & will, helps heal depression, provides protection, health, & physical energy. It stimulates sexual arousal & increases sexual energy.

Tigers Eye: Brings the wearer money, protection, courage and luck.

Topaz: Used for protective purposes, specifically against envy, jealousy, intrigue, disease, death, negativity and lunacy. Wearing topaz is said to bring friendship, better and deeper relationships and enhance ones ability to give and revive love.

Turquoise: Associated with the earth element, aids in healing and brings luck, protection and courage to the wearer. It can also be used to attract both wealth and love.

Unikite: Soothes emotions, enhances self respect and mends broken hearts.

Gemstone Healing Powers

Agate:

General: Good for transmutation; helps with the emotion of acceptance; gives a mellow, blended aspect; beneficial in stomach area.

Botswana Agate: Use with high-pressure oxygen therapy; smoke inhalation.

Fire Agate: Master healer with color therapy; enhances all essences; grounds and balances; sexual & heart chakra binder; burns energy.

Moss Agate:

Emotional priorities; mental priorities; colon, circulatory, pancreas & pulses; blood sugar balance; agriculture.

Alexandrite:

Low self-esteem & difficulty centering imply need; central nervous system disorders; spleen & pancreas.

Amber:

Memory loss; eccentric behavior; anxiety; inability to make decisions; thyroid, inner ear & neuro-tissue strengthener; activates altruistic nature; realization of the spiritual intellect.

Amethyst:

Headaches; blood sugar imbalance; L brain imbalances; edginess; facilitates healing; inner peace; psychic insight; stimulates third eye; aid for meditation, spiritual opening & internal surrender.

Aquamarine:

Fluid retention; coughs; fear; thymus gland; calms nerves; problems with eyes, ears, jaw, neck, stomach, teeth; mental clarity; meditation.

Beryl:

Laziness; hiccups; swollen glands; eye diseases; bowel cancer.

Bloodstone:

Circulation; all purpose healer & cleanser; stomach & bowel pain; purifies bloodstream; bladder; strengthens blood purifying organs.

Carnelian:

Grounding; stimulates curiosity & initiative; focuses attention to the present moment; use with citrine on lower 3 chakras; digestion.

Chalcedony:

Touchiness; melancholy; fever; gallstones; leukemia; eye problems; stimulates maternal feelings & creativity. release.

Citrine:

Heart, kidney, liver & muscle healer; appendicitis; gangrene; red & white corpuscles; digestive tract; cleanses vibrations in the atmosphere; creativity; helps personal clarity; will bring out problems in the solar plexus & the heart; eliminates self-destructive tendencies.

Diamond:

All brain diseases; pituitary & pineal glands; draws out toxicity, poison remedy.

Emerald:

Radiation toxicity; all mental illness; circulatory & neurological disorders; transmits balance, healing & patience; increases psychic & clairvoyant abilities; meditation; keener insight into dreams.

Garnet:

Rhodolite: Capillaries; skin elasticity; protection from pre-cancerous conditions.

Spessartine:

Bad dreams; depression; anger; self esteem; hemorrhages; hormone imbalances; inflammations; sexual disease.

Jade:

Kidney, heart, larynx, liver, parathyroid, spleen, thymus, thyroid & parasympathetic ganglia healer; strengthens body; longevity.

Lapis Lazuli:

Neuralgia; melancholy; fevers; inflammations; penetrates subconscious blockages; throat chakra; sore throat; energy focuser for teachers, lecturers & speakers, mental & spiritual cleanser; used on 3rd eye for meditation; eliminates old & negative emotions; use with other healing stones; thought form amplification; helps in creating mantras.

Moonstone:

Soothes & balances the emotions; helps eliminate fear of "feeling"; encourages inner growth & strength; aids peace & harmony & psychic abilities; aligns vertebrae; digestive aid.

Onyx:

Objective thinking; spiritual inspiration; control of emotions & passions, help eliminate negative thinking, apathy, stress & neurological disorders; also used as a heart, kidney, nerve, capillary, hair, eye and nail strengthener.

Opal:

Cherry: Red corpuscle & blood disorders; depression; apathy; lethargy; intuition & joy.

Dark: Reproductive organs; spleen & pancreas; filters red corpuscles & aids white corpuscles; bone marrow; depression, esp. of sexual origin; balances; amplifies creative & intuitive thought; grounds radical emotional body.

Jelly: Spleen & abdominal diseases; cellular reproductive problems; helps absorb nutrients; minimizes wide mood swings; mystical thought amplifier.

Light: Balances L & R brain hemispheres for neuro disorders; stimulates white corpuscles; helps bring the emotions to mystical experiences; aids abdomen, pituitary & thymus problems.

Pearl:

Eliminates emotional imbalances; helps one master the heart chakra; aids stomach, spleen, intestinal tract & ulcer problems.

Peridot:

Protects against nervousness; helps alleviate spiritual fear; aids in healing hurt feelings & bruised egos; incurs strength & physical vitality; aligns subtle bodies; amplifies other vibrational energies & positive emotional outlook; helps liver & adrenal function.

Quartz:

Transmitter & amplifier of healing energy & clarity; balancer, channeler of universal energy & unconditional love; all purpose healer; programmable.

Rose Quartz:

Lymphatic cancer & circulatory problems; helps the psychologically inflexible. Heart chakra opener; love & self-acceptance healer for emotional wounds; dissipates anger & tension.

Smoky Quartz:

Stimulates Kundalini energy; cleanses & protects the astral field; draws out distortion on all levels; good for hyperactivity & excess energy; grounding.

Ruby:

Heart chakra; balances love & all spiritual endeavors; self-esteem; strengthens neurological tissues around the heart; prevents miscarriages.

Sapphire:

Spiritual enlightenment; inner peace; colic; rheumatism; mental illness; pituitary; metabolic rate of glandular functions; anti-depressant; aids psychokinesis, telepathy, clairvoyance & astral projection; personal expression; also for pain.

Spinel:

Leg conditions, when worn on solar plexus; powerful general healer; detoxification aid.

Topaz:

Balances emotions; calms passions; gout; blood disorders; hemorrhages; increases poor appetite; general tissue regeneration; VD; tuberculosis; reverses aging; spiritual rejuvenation; endocrine system stimulation; releases tension; feelings of joy.

Tourmaline:

Dispels fear & negativity & grief; calms nerves; concentration & eloquence improve; genetic disorders, cancer & hormones regulated; raises vibrations; charisma; universal law; tranquil sleep.

Black Tourmaline: Arthritis; dyslexia; syphilis; heart diseases; anxiety; disorientation; raises altruism; deflects negativity; neutralizes distorted energies, i.e. resentment & insecurity.

Rubellite: Creativity; fertility; blanches passive or aggressive nature.

Green: Creativity; opens heart chakra; immune system; psychological problems with the father; blood pressure; asthma; balancer; eliminates conflict within.

Blue indicolite: Lungs, larynx; thyroid; parasympathetic nerves.

Watermelon: Heart chakra healer; imparts sense of humor to those who need it; balancer; eliminates guilt; nervous system; integration, security & self-containment.

Turquoise:

Master healer; protects against environmental pollutants; strengthens anatomy & guards against all disease; improved absorption of nutrients; tissue regeneration; subtle body alignment & strengthening; eye disorders.

Gemstone Astrological Chart

Capricorn

Colours: Black, White, brown

Gemstones: Onyx, Quartz, Beryl, Jet, Garnet, Obsidian

Metals: Gold, Silver

Aquarius

Colours: Electric Blue

Gemstones: Blue Sapphire, Lapis, Aquamarine, Amethyst

Metals: All Metals

Pisces

Colours: Soft Azure & Light Blue

Gemstones: Diamond, Turquoise, Jade, Tourmaline, Bloodstone

Metals: Silver

Aries

Colours: Red-Orange

Gemstones: Ruby, Red Jasper, Carnelian, Coral, Diamond

Metals: Gold, Bronze

Taurus

Colours: Deep Yellow to Sand Brown or Beige

Gemstones: Emerald, Golden Topaz, Lapis, Azurite, Agate

Metals: Silver, Gold, Copper

Gemini

Colours: Violet

Gemstones: Crystal, Aquamarine, Alexandrite, Beryl, Pearl

Metals: Gold, Silver

Cancer

Colours: Green

Gemstones: Ruby, Moonstone, Pearl, Green Turquoise

Metals: Silver

Leo

Colours: Gold

Gemstones: Amber, Sardonyx, Ruby, Jacinth, Peridot

Metals: Gold

Virgo

Colours: Purple, Deep Royal Blue

Gemstones: Pink Jasper, Rhodochrosite, Azurite, Sapphire, Star Sapphire

Metals: Gold

Libra

Colours: Light Yellow, Pink

Gemstones: Opal, Fire Agate, Agate, Tourmaline

Metals: All Metals

Scorpio

Colours: Crimson

Gemstones: Topaz, Garnet, Coral, Ruby, Zircon

Metals: Gold, Silver

Sagittarius

Colours: Blue-Green

Gemstones: Amethyst, Malachite, Zircon, Turquoise

Metals: Silver, Gold, Copper

GEM ELIXIRS

One way to benefit from the healing energy of crystals is to make gem elixirs or gemstone waters. These are made by charging pure water with the energy of the crystal or stone.

Water has the ability to hold energy patterns intact for long periods of time. Imprinting the subtle healing energies of crystals on to water needs no special equipment, just focused attention, intention and sunlight.

Most often Gem elixirs are made by placing the cleared stone or stones chosen in a clear glass or crystal container with pure water and placing this in sunlight for several hours. Two to four hours is common, though on a very bright sunny day at noon, full charging can occur in as little as half an hour, and on overcast or cloudy days it can take much longer.

Some people keep the gemstones in the water for a minimum of 24 hours, and some people take seven or 14 days to make an elixir, spending some time each day to mentally reinforce the intention. Conventionally made elixirs are made outside on bright sunny days. Very cloudy days are not suitable for making most gem elixirs. Though personally, I have found that some essences made on overcast or foggy days, instead of being less powerful than those made in full sun, bring in some different qualities that also have value and can be wonderful

and have a soft and gentle quality.

Time of day does not seem to be a critical factor in gem essences and they are often made in the morning or at noon.

It is important to minimize direct physical contact with the stones and water in order to keep the crystal energy from absorbing your own energy and effecting the elixir, so you may wish to place and remove your stones with a spoon. You should have a calm and focused emotional state while making elixirs, because strong emotions can effect the elixir.

Some people feel strongly that the container should be an undecorated clear glass bowl ~ others prefer cut glass or waterford type crystal, feeling that the prismatic effects from the light on the cut work enhance the energy of the resulting elixir. After the water has been charged by the gemstone, it is filtered and usually preserved with alcohol or vinegar.

To preserve an elixir, fill a container halfway with your essence and fill the rest of the bottle with brandy or vodka or with vinegar or with half vinegar or alcohol and pure water. The alcohol is used to inhibit bacterial growth and may also help to "fix" the vibration. If you intend to expand your elixir, as is done with flower essences, this would be your mother essence and you would make stock bottles by placing from three to twenty drops of mother essence in an ounce of distilled, spring or other pure water and an ounce of brandy, vodka or vinegar. This stock essence is then used to make a dosage bottle by again adding ten to twenty drops of the stock essence to two ounces of the water and brandy mixture. This would then be the elixir or essence which you would use for treatment. The amount of water and the proportion of alcohol used as a reservative does vary somewhat among different recipes. Dark glass

bottles are preferred for storing elixirs. Label your elixirs with the gem or gems used the date made, and whether it is a mother, stock or dosage bottle.

Gem elixirs are often used undiluted rather than being expanded either by drinking glasses of the charged water, or by placing two to five drops of the elixir in a glass of water or under the tongue two to four times a day. They can also be used topically on the skin or put in bath water. You can add them to sprays that you use for room or aura clearing.

Some stones should not be used to make conventional gem elixirs. Do not make a conventional elixir from any stone containing known toxins. These include but are not limited to, Copper, which would include azurite and Malachite. Orpiment is arsenic and Cinnabar contains Mercury for example. I proceed with extreme caution about other elixirs too, as I am not quite certain how complete some books' information about physical toxins is. "Love is in the Earth" by Melody does have some mention of whether or not a stone can be used to make conventional elixirs. It might be possible to do some real damage with elixirs made in the conventional way from some kinds of stones. Soaking the stones in water can cause the leaching of toxic components into the water. I do not know how much real danger there would be, as that would depend on quite a few factors, specifically the stone, dose, amount of leaching of toxins, etc.

Alternate methods used to make elixirs that are unsafe, fragile, water soluble or otherwise unsuitable to be immersed in water include: placing the stone in a smaller container which is placed in the larger container of water, and placing stones around the container being charged. These are often used in combination. Some sources recommend that you have at least six stones of the same type to place around the container, others use quartz points to amplify and

direct the energy of the stone you are making an elixir with into the water.

Another way to make an elixir is to hold a charged stone against the side of a glass of water and intend the crystal charge the water with its energy.

This is most effective if you are skilled at focusing your intention, but is not usually as long lasting as using a conventional method, and may be more suitable for making a single glass of charged water to be used within a short time. You can use the gem elixir shakti, if you have been attuned to that system, and just run that while holding the stone against a glass of water, or run the energy shakti of the stone (from the same system) into the water in combination with the gem elixir shakti. When using these methods, the water is usually

used immediately, without adding brandy or other preservative, though if these elixirs are intended to be kept or expanded, then you do use preservatives as outlined above.

That method is much the same as requesting the Deva of the stone to empower the water, or singing the stones song into the water, but use of those ways depends on what your personal path or gift is in this work, and how well you are able to make a connection with the deva in meditation. Some people use Reiki or another frequency or system of healing energy to assist in the transmission of the vibration pattern of the stone into the water.

Many people just like to keep a quartz or amethyst crystal in the water they drink or water plants with even without further charging ~ this seems to improve the taste and energy of the water.

When making gem elixirs, most people select the stone or stones that are used

for the issue they want to work on, but it is advisable to meditate first to receive guidance and permission from the stone spirit as to the uses of a particular elixir, or for guidance. These may not always be limited to those uses found in lists of crystal properties. Most people use gem elixirs undiluted or unexpanded, though flower essences are virtually always expanded. The dosage used is usually ten drops twice a day for a month. If need be, repeat the dosage more frequently, for example, five drops four times a day.

The term Gem elixir does not just apply to semi-precious or precious gemstones. It also includes materials such as seashells, amber or petrified wood which could be classified as being of organic origin. Gem elixirs can be used undiluted or diluted. The term Diluting may be somewhat confusing, because it is generally held that adding water to the mother or stock does not diminish the quality or effectiveness of the elixir. Whether the elixirs are used diluted or undiluted depends upon the individual. Some people feel that a person benefits best from the undiluted elixir for the first month, and later on they can be diluted. However, this can be decided for each individual.

The length of a treatment can be several months. You may want to change the elixirs monthly. The person taking them usually makes quite considerable progress in a month. Gem elixirs can be used in conjunction with other forms of treatment without interfering with that treatment. Homeopathy practitioners find gem elixirs work well together and complement one another. You can use muscle testing or a pendulum to help with evaluating the potential usefulness of gem elixirs, as well as meditation and intuition.

Flower essences are made basically the same way. One carries the water into the garden to the flower if possible. Meditate before or while selecting the flower, intuitively snipping it/them

quickly and putting it into the water. It does not matter if the flower is upright or floats or not. Flower essences are ideally made in the morning around 8:45 standard time, when the dew is still fresh on them, and the flowers release a peak flow of energy for 20 to thirty minutes. You may include a clear quartz crystal in the water for any flower essence to enhance its energy. Some people do make gem /flower essences by combining the gems and flowers together at the same time, but probably more people prefer to make each essence separately and combine them later.

The descriptions of the uses for several gem elixirs are included below. These are gathered from several sources and should only be used as a partial guide for the use of gem elixirs. Consult gem properties lists and especially your intuition for other uses. Different sources of information often vary greatly as to the purpose the elixirs are used for.

Abalone shell: treats excessive anxiety and fear for others. also helps psychic connection with water element.

Amazonite: treats feelings of social inadequacy.

Amber: For despair.

Amethyst: For those who strongly resist any interference with their freedom to make their own decisions and plans. Raises vibration to more spiritual level.

Aquamarine: over enthusiasm, tenseness, stress and strain. Brings a calm, quiet clarity to an over active mental body; increases one's ability to achieve a neutral, serene state of mind.

Aragonite : overcoming a feeling of helplessness.

Aventurine: mental rigidity, high mindedness, pride and aloofness.

Strengthens and stabilizes us during growth experiences; helps us move into and through

new experiences with grace, stamina and perseverance; good for spiritual trailblazers and pioneers.

Azurite: grounding communication; opens and strengthens the connection between the feminine earth forces. Helps us communicate with authenticity, gentleness. For those unable to control their own reality.

Beryl : low self-esteem.

Black Tourmaline: helps us exchange old unwanted energies for fresh, clean, neutral energy; a precision tool for the release of toxic energy from the mind, emotions, and especially the physical body. Offers protection and grounding. For restlessness.

Bloodstone: strengthens our connection to the earth; brings a stronger flow of earth energies. Aids in stability after trauma or emotional upset. For those who demand unquestioning affection.

Black Onyx: For those unable to confront their emotions. For frustration with the slow development of events.

Blue Lace Agate: For hatred of others and suspicion.

Calcite: For feelings of emotional confinement. For the fear that there is no point in formulating fresh goals.

Carnelian: increases the etheric body's ability to access spiritual energy; energizes and clears the energetic interface between the etheric body and the meridians, allowing a greater flow of energy to the meridians.

Chrysocolla: opens, softens, and expands the inner dimensions of the heart chakra; helps us release tension and armoring around giving and receiving love; increases flexibility in the mind and body to allow the vibration of love to flow. For those stuck in an over organised life routine.

Chrysoprase: brings the heart chakra into harmonious union with the green energy frequency of the planet; synchronizes the subtle bodies with the heart energy of the earth; helps us accept the earth as our home treats arrogance and egotism.

Citrine: harmonizes the mental body with higher spiritual laws; increases access to divine truth and intelligence; amplifies qualities of concentration, centering, and rational mind.

Diamond: harmonizes divine and personal will; helps us activate personal will in its highest form; strengthens our ability to act in alignment with divine purpose.

Diopase: For those who deny themselves emotionally.

Dolomite: For lack of resourcefulness. For fear of failure.

Emerald: a universal heart cleanser and balance; energies of the Divine Mother and the Divine Feminine; gently coaxes the heart to open to allow a greater experience of love in the physical body.

Fluorite: works to bring increased energies into the physical body by breaking up blockages in the etheric body.

Gold: enables us to access and bring forth into physical reality the highest aspects of our personal identity; helps us tap into our inner truth, joy, and wisdom as a source of creative power.

Green Jasper: reconnects body rhythms with earthly rhythms when there has been a disruption to the natural flow; helps us connect to the wild feminine; restores earthly sensuality and healthy sexuality.

Green Tourmaline: For those who set themselves idealistic but illusory goals with resulting disappointment.

Hematite: For feelings of defenselessness. strengthens energetic boundaries in the emotional body; promotes emotional independence rather than codependency; helps us maintain a state of compassionate detachment while witnessing an

intense emotional experience in another, and contain our own emotional experiences in a responsible way.

Herkimer Diamond: a highly developed transmitter of white light; promotes

clarity of vision; stimulates healing at all levels; facilitates clarity during the dream state. For inability to achieve goals. A receiver of conditional love.

Jade: For those who require help in being realistic about their ideals. For becoming the practical mystic a vibration of peace, balance, and timeless simplicity; helps us stay centered in the moment with an awareness and acceptance of our true essence.

Kunzite: opens the heart to an awareness of our own angelic presence; helps us experience the spiritual love of the angelic kingdom and integrate it into the physical body.

Labradorite: For tension arising from frustration. For those whose relationships rarely meet expectations bathes and nourishes the entire energy system with full spectrum light; renews and refreshes our perspective; helps us again see the magnificent in the mundane, and the divine in the ordinary.

Lapis Lazuli:; amplifies the ability to hear information from physical and nonphysical sources; clears confusion between hearing and knowing.

Magnesite: For emotional insecurity. For disappointment at the non-fulfilment of hopes.

Mahogany Obsidian: For those seeking an unrealistic perfection in their sex life.

Malachite: For those striving too hard to control their reality. Grounding;

helps align and harmonize the physical, emotional, mental, and spiritual levels of being; supports the unity of one's being in all circumstances.

Moldavite: connectedness; an energetic window into universal perspective; helps us stay present in the moment while accessing what we need to express our earthly potential.

Moonstone : cleanses and circulates energy in the emotional body; increases feminine energy and intuition in women and men. For those who feel threatened by their environment. For the reckless spending of money.

Moss Agate : For repressed sexual feelings.

Nephrite: For those overwhelmed by many details and pulled in many directions at once.

Opal: feeds the etheric and subtle bodies with a full spectrum of luminous colors; rejuvenates spent emotional and mental forces and counteracts the depletion of color frequencies in the aura replenishes our creative energies. For suppressed agitation from attempting to resist and form of stimulation.

Orange Calcite: amplifies the body's ability to assimilate light at the cellular level; uplifting, energizing and warming; dispels darkness and grief.

Pearl: promotes the release of layers of irritation in the mental and emotional bodies that are seen in the physical body as hardness and inflexibility; helps one turn antagonism for oneself or one's illness into awareness and acceptance. For emotional excitement associated with fear.

Pink Tourmaline: For lack of creativity through a repressed personality.

Peridot: the stone of new beginnings; stabilizes the subtle bodies during the incubation period of new ideas and creative projects; helps us initiate new cycles of earning and experience.

Pyrite: helps one build an energetic foundation in life based on one's highest personal truth; strengthens one's sense of self, especially with regard to group dynamics and peer pressure; helps one solidify and honor one's values.

Quartz: For protection against adverse environmental influences.

Rose Quartz: For lack of self-discipline. Fear of responsibility. Love and inner peace. Opens, softens and soothes the heart; helps one connect to and nurture the inner child; harmonizes the heart forces so one is able to maintain intimacy with oneself and others.

Rutilated Quartz: For those who overemphasise sensuous luxury. promotes precision alignment with higher sources of energy and inspiration helps us physically anchor the ability to access, synthesize, and communicate information from other dimensions.

Smoky Quartz: For fear of emotional interaction with others. Grounding and calming; synchronizes body energy with earth energy; regulates and stabilizes the detoxification of unwanted energies from the physical, emotional, and mental bodies.

Rhodocrosite : For exhaustion arising from frustration. Increases energy, balance, and stability in the heart chakra and in the physical body; brings a balance of nurturing earth energy to the heart chakra after an experience of healing and transformation.

Rhodolite Garnet: increases our ability to inhabit the physical body; helps us reconnect energetically with parts of the body that have been injured or traumatized; rebuilds the web of etheric energy in areas disrupted by surgery.

Rhodonite: For physical exhaustion. For fear of criticism.

Ruby: supports the ability to ground spiritual energy into the physical body; works with the lower chakras to awaken higher impersonal love.

Sapphire: devotion to divine purpose; helps synchronize our energy system with our higher purpose; intensifies the qualities of loyalty and responsibility to our true work on the planet.

Star Sapphire: promotes trust in the universe; helps us focus our awareness on what is necessary for the soul's progression in life; supports the formation of energetic connections that support the realization of our life goals.

Sugilite: brings depth and a physical richness to our spiritual lives; helps us physically manifest a warmer, more feminine quality of spirituality; promotes an easy acceptance of rather than a hard striving for the spiritual realm.

Selenite : For guilt and inability to relinquish the past. For those who are over imaginative and given to fantasy.

Sodalite: For overcoming a desire for inappropriate action. For rage and a need for negative attention.

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Gem Colors and the Elements

The color of Stones are directly related to the elements. The following information is provided to lay a foundation. There are numerous books available for further study.

Air:

Crystal-clear or yellow, as a beginning; a quartz crystal with cloud like "flaws" is a great start. Quartz pebbles are common in pea gravel roads and playgrounds.

Fire:

Red, orange, are associations with blood, war, passion, etc. Carnelian is a great fire stone associations are with blood, passion, and the heart, and it's a fire red-orange in color. Other options include obsidian and other volcanic products.

Water:

Blue, or of associations with the emotions. Sedimentary stones, formed in water, seem to recall the element well. Visit a watery place--river, pond and see if you can find something good just under the water near the shore. You might even find a sedimentary bit with a fossilized aquatic animal in it. Aquamarine is an obvious water stone, but very expensive!

Earth:

The color for earth, for many people, is green, and many of the stones associated with earth are green as well. Metallic colors also find their way here, because of the association with money. Of course, any stone is an earth product, so this is a great place to put the stone you find that you want to use but don't know where, at least until you figure out what to do with it! Malachite is a very pretty earth stone, and some folks like pyrite because of its blocky structure. Often overlooked is the plain brown "rock" that's about as down-home "earthy" as you can get, and with enough personality to draw attention to it on a walk through the woods!

Spirit:

Definitely trust your intuition here! Here's one category where people will often disagree. any clear crystals quartz, even selenite, even amethyst seem to belong here as well. Turquoise, is multi-functional can be put it into this "integrative" category

Gem & Crystal

Correspondence Chart

Use this correspondence chart to gather information on the magickal aspects of gems. You can use it for spellwork, meditation, ritual or general magick.

Use it to decide what stones to keep on your altar, or what should be in her engagement ring.

Use your imagination!

This chart has been culled from many sources. Often, as you might imagine, some sources do not agree on specific use. Where this occurs, I have listed the magickal uses in order from most commonly listed use to least commonly listed use. They are listed alphabetically- just scroll to your selection.

Agate, banded

Agate, banded

Energy: Projective

Element: Fire

Chakra: none

Planets: Mercury

Magickal uses: Protection

Agate, black Agate, black

Energy: Projective

Element: Fire

Chakra: none

Planets: Mercury

Magickal uses: Protection, absorbing negativity

Agate, blue lace Agate, blue lace

Energy: Receptive

Element: Water

Chakra: Throat

Magickal uses: Peace, happiness, purification

Agate, brown Agate, brown

Energy: Projective

Element: Fire

Chakra: none

Magickal uses: Success, victory, wealth

Agate, green Agate, green

Energy: Receptive

Element: Earth

Chakra: Heart

Planets: Mercury

Magickal uses: Health

Agate, moss Agate, moss

Energy: Receptive

Element: Earth

Chakra: Heart

Magickal uses: Energy, healing

Agate, red Agate, red

Energy: Projective

Element: Fire

Chakra: Root

Planets: Mercury

Magickal uses: Healing, calming

Aventurine Aventurine

Energy: Projective

Element: Air

Chakra: Heart

Planets: Mercury

Magickal uses: Coping with grief, mental powers, gambling, uplifting during depression

Amazonite Amazonite

Energy: Receptive

Element: Earth

Chakra: Heart Planets: Uranus

Magickal uses: Gambling, success

Amber Amber

Energy: Projective

Element: Fire

Chakra: Solar Plexus

Planets: Sun

Magickal uses: Luck, healing, strength, protection, beauty, love

Amethyst Amethyst

Energy: Receptive

Element: Water

Chakra: Third Eye, Crown

Planets: Jupiter, Neptune

Magickal uses: Peace, psychism, meditation, love, protection

Aquamarine crystal Aquamarine

Energy: Receptive

Element: Water

Chakra: Throat

Planets: Moon

Magickal uses: Psychism, peace, communication, purification

Beryl Beryl

Energy: Receptive

Element: Water

Chakra: Heart

Planets: Moon

Magickal uses: Psychism, healing, love, energy

Bloodstone

Energy: Projective

Element: Fire

Chakra: Root

Planets: Mars

Magickal uses: Healing, victory, courage, balance, halting bleeding, wealth, legal matters, strength

Calcite, clear Calcite, clear

Energy: Receptive

Element: Water

Chakra: Crown

Planets: Moon

Magickal uses: Spirituality, meditation, intuition

Calcite, pink Calcite, pink

Energy: Receptive

Element: Water

Chakra: none

Planets: Venus

Magickal uses: Centering, grounding, calming, love

Calcite, blue Calcite, blue

Energy: Receptive

Element: Water

Chakra: Third Eye

Planets: Venus

Magickal uses: Healing, purification

Calcite, green Calcite, green

Energy: Receptive

Element: Earth

Chakra: Heart

Planets: Venus

Magickal uses: Money-drawing, prosperity, strength during transition, healing

Calcite, orange Calcite, orange

Energy: Projective

Element: Fire

Chakra: Sacral

Planets: Sun

Magickal uses: Protective, energy

Carnelian Carnelian

Energy: Projective

Element: Fire

Chakra: Sacral, Root

Planets: Sun

Magickal uses: Protection, peace, healing, sexual energy, physical energy,
dissipates sorrow

Chrysoprase Chrysoprase

Energy: Receptive

Element: Earth

Chakra: Heart

Planets: Venus

Magickal uses: Happiness, friendship, luck, protection, healing

Citrine crystal Citrine

Energy: Projective

Element: Fire

Chakra: Solar Plexus

Planets: Sun

Magickal Uses: Anti-nightmare, psychism, stability, protection,
self-confidence booster

Crystals, quartz Crystal, quartz

Energy: Projective, Receptive

Element: Fire, water

Chakra: Crown

Planets: Moon, Sun

Magickal uses: Protection, healing, psychism, meditation, spiritual power.

Can be programmed to focus any positive intention.

Diamond Diamond

Energy: Projective

Element: Fire

Chakra: Crown

Planets: Sun

Magickal uses: Spirituality, protection, courage, peace, healing

Emerald Emerald

Energy: Receptive

Element: Earth

Chakra: Heart

Planets: Venus

Magickal uses: Love, money, mental powers, psychism, exorcism, eyesight

Flourite Flourite

Energy: Projective

Magickal uses: Mental powers, psychism, connects rationality with intuition

Garnet Garnet

Energy: Projective

Element: Fire

Chakra: Root

Planets: Mars

Magickal uses: Healing, sexual function, protection, strength

Hematite Hematite

Energy: Projective

Element: Fire

Chakra: Root

Planets: Saturn

Magickal uses: Grounding, healing, dissolves negativity, divination

Jade Jade

Energy: Receptive

Element: Water

Chakra: Heart

Planets: Venus

Magickal uses: Love, healing, longevity, wisdom, protection

Jasper, red Jasper, red

Energy: Projective

Element: Fire

Planets: Mars

Protection, healing

Jasper, green Jasper, green

Energy: Receptive

Element: Earth

Chakra: Heart

Planets: Venus

Magickal uses: Healing, sleep

Jasper, brown Jasper, brown

Energy: Receptive

Element: Earth

Chakra: none

Planets: Saturn

Magickal uses: Centering, grounding

Jet Jet

Energy: Receptive

Element: Earth

Chakra: none

Planets: Saturn

Magickal uses: Protection, anti-nightmare, luck, divination, health

Kunzite Kunzite

Energy: Receptive

Element: Earth

Chakra: none Planets: Venus, Pluto

Magickal uses: Relaxation, peace, grounding

Lapis Lazuli Lapis Lazuli

Energy: Receptive

Element: Water

Chakra: Throat, Third Eye

Planet: Venus

Magickal uses: Healing, joy, love, artistic expression, fidelity, psychism,

protection

Lepidolite Lepidolite

Energy: Receptive

Element: Water

Chakra: Third Eye

Planets: Jupiter, Neptune

Magickal uses: Peace, spirituality, luck, protection, anti-nightmare

Malachite Malachite

Energy: Receptive

Element: Earth

Chakra: Heart

Planets: Venus

Magickal uses: Power, protection, meditation, dream work, love, peace,
business success

Moonstone Moonstone

Energy: Receptive

Element: Water

Chakra: Crown

Planets: Moon

Magickal uses: Love, psychism, emotional balance, divination, sleep,
gardening, protection

Obsidian, snowflake Obsidian

Energy: Projective

Element: Fire

Chakra: none

Planets: Saturn

Magickal uses: Protection, grounding, divination, peace

Onyx Onyx

Energy: Projective

Element: Fire

Chakra: none

Planets: Mars, Saturn

Magickal uses: Protection, defensive magick

Opal Opal

Energy: Receptive, Projective

Element: all elements

Chakra: Crown

Planets: all planets

Magickal uses: Astral projection, psychism, beauty, money, luck, power

Pearls Pearl

Energy: Receptive

Element: Water

Chakra: Crown

Planets: Moon

Magickal uses: Love, money, protection, luck

Peridot Peridot

Energy: Receptive

Element: Earth

Chakra: Heart

Planets: Venus

Magickal uses: Protection, health, wealth, sleep

Quartz Crystal Sphere Quartz crystal

Energy: Receptive, Projective

Element: Fire, water

Chakra: Crown

Planets: Moon, Sun

Magickal uses: Protection, healing, psychism, power. Quartz can be programmed for any positive intention.

Rhodocrosite Rhodocrosite

Energy: Projective

Element: Fire

Chakra: none

Planets: Mars

Magickal uses: Energy, peace, love

Rose Quartz Rose Quartz

Energy: Receptive

Element: Water

Chakra: Heart

Planets: Venus

Magickal uses: Peace, healing, self-love, happiness, fidelity, love

Ruby Ruby

Energy: Projective

Element: Fire

Chakra: Root

Magickal uses: Wealth, protection, power, joy

Sapphire Sapphire

Energy: Receptive

Element: Water

Chakra: Throat, Third Eye

Planets: Moon

Magickal uses: Psychism, love, peace, meditation, defensive magick, healing

Sodalite Sodalite

Energy: Receptive

Element: Water

Chakra: Throat

Planets: Venus

Magickal uses: Healing, meditation, harmony between conscious and unconscious, wisdom, peace

Spinel Spinel

Energy: Projective

Element: Fire

Chakra: none

Planets: Pluto

Magickal uses: Energy, money

Sugilite Sugilite

Energy: Receptive

Element: Water

Chakra: Third Eye

Planets: Jupiter

Magickal uses: Psychism, spirituality, healing, wisdom

Sunstone Sunstone

Energy: Projective

Element: Fire

Chakra: Sacral

Planets: Sun

Magickal uses: Protection, energy, health, sexual energy

Tiger Eye Tiger's Eye

Energy: Projective

Element: Fire

Chakra: Root

Planets: Sun

Magickal uses: Money, courage, protection, energy, luck, divination

Topaz Topaz

Energy: projective

Element: Fire

Chakra: Solar Plexus

Planets: Sun

Magickal uses: Energy (physical, emotional& mental), protection, weight loss, healing, money, love

Tourmaline, pink Tourmaline, pink

Energy: Receptive

Element: Water

Chakra: none

Planets: Venus

Magickal uses: Love, friendship

Tourmaline, red Tourmaline, red

Energy: Projective

Element: Fire

Chakra: Root

Planets: Mars

Magickal uses: Energy, protection, courage

Tourmaline, green Tourmaline, green

Energy: Receptive

Element: Earth

Chakra: Heart

Planets: Venus

Magickal uses: Money, success in business, creativity

Tourmaline, blue Tourmaline, blue

Energy: Receptive

Element: Water

Chakra: Throat

Planets: Venus

Magickal uses: Stress relief, peace, sleep

Tourmaline, black Tourmaline, black

Energy: Receptive

Element: Earth

Chakra: none

Planets: Saturn

Magickal uses: Grounding, protective

Tourmaline, watermelon Tourmaline, watermelon

Energy: Receptive, Projective

Element: Fire, Water

Chakra: Heart

Planets: Mars, Venus

Magickal uses: Balance of male & female energy, love attracting

Turquoise Turquoise

Energy: Receptive

Element: Earth

Chakra: Throat

Planets: Venus, Neptune

Magickal uses: Protection, courage, money, love, self-expression, friendship, healing, luck

Zircon Zircon

Energy: Projective

Element: Fire

Planets: Sun

Brown: Grounding, centering, money

Yellow: Sexual energy, love, mental awareness, Solar Plexus chakra

Clear: Protection, mental awareness, Crown chakra

Orange: Beauty, safe travel, safe home, Sacral chakra

Red: Wealth, protection, healing, Root chakra

Green: Money, prosperity, Heart chakra

Find Your Psychic Stone

If you have ever wanted the ability of divination, but are unsure of what pathway to follow, here is a simple and fun, step by step way for your very first divination. It is fun for the practiced also.

Materials Needed: paper and pencil/pen. You.

- First: Focus on a question you would like to know the answers for. A few minute's meditation or contemplation is sufficient.
- Second: While keeping your question in mind, go into your yard or area and look for a stone or rock that appeals to you. Or, listen very carefully and hear the specific stone calling you.
- Third: Once you have located the stone you desire, pick it up and look closely at all the lines, cracks, indents and fissures. See all the pictures or words created or written in the formations, splits and crevices. Turn the stone around in all directions, viewing it from all angles. Turn the rock over and repeat the process.
- Fourth: Be sure to draw all the characters you've seen onto paper. This will assure that later on, you'll see something you might have overlooked when your stone was first discovered.

Note: Take your time looking deeply at all the rock's formations. Be sure to view the stone from all angles, for seeing a line from one side, will be a picture or letter when viewing it from a different angle. This process takes patience and imagination. Keep looking and keep an open mind too.

Good luck and happy divining.

Issue Crystal Flower Remedy Essential Oil

Abandonment Rose Quartz Sweet Chestnut Rosewood

Addiction Amethyst Agrimony,

Chestnut Bud Clary Sage, Bergamot

Anger Garnet, Sugilite Holly, Impatiens Eucalyptus, Ylang-ylang

Anxiety Rhodochrosite,

Smoky Quartz Impatiens Chamomile, Lavender

Communication All fifth chakra stones Mimulus Chamomile
 Criticism (of self or others) Rose Quartz Beech, Crab Apple (of
 others), Larch, Pine (of self) Juniper
 Despair, Discouragement Amber, Smoky Quartz Gentian, Gorse,
 Sweet Chestnut Any citrus oil
 Emotions Overwhelm Amazonite, aventurine, hematite, moonstone,
 sodalite Elm Bergamot, Chamomile, Lavender
 Repressed Lapis, Malachite, Obsidian, Ruby Rock Water Rosewood
 Envy Rose Quartz Holly Rosewood
 Fearfulness Charoite, Smoky Quartz Aspen, Mimulus,
 Red Chestnut,
 Rock Rose Bergamot, Cypress
 Guilt Sugilite Pine Juniper
 Impatience Garnet, Rhodonite Impatiens Chamomile, Lavender, Myrrh
 Indecisiveness Carnelian, Smoky Quartz, Tiger's Eye Cerato,
 Scleranthus, Wild Oat Thyme
 Inertia Smoky Quartz Hornbeam Cinnamon, Ginger
 Money Issues Citrine, Emerald Mimulus Basil, Cinnamon, Ginger
 Perfectionism Rose and Smoky Quartz Crab Apple, Larch, Pine Juniper
 Power Issues Citrine, Peridot Larch Basil, Cinnamon, Ginger
 Rejection Peridot, Rose Quartz Pine, Sweet Chestnut Cypress
 Resentment Sugilite Willow Rosewood
 Self-Esteem Peridot, Rose and Smoky Quartz Centaury, Larch Ginger,
 Peppermint
 Seriousness Amber, Herkimer Diamond Hornbeam, Rock Water, Vervain All
 citrus oils
 Stress Amethyst, Bloodstone Impatiens Lavender, Ylang-ylang
 Trauma Amethyst Star of Bethlehem Clary Sage, Lavender
 Ungroundedness All First Chakra Stones Clematis Myrrh, Vetivert

Elemental Rulers and What They Influence

Cleansing Your Stones

EARTH

- peace,
- grounding and centering of energies,
- fertility, money, business success,
- stability, gardening and agriculture

AIR

- communications of all kind,
- travel and the intellect

FIRE

- protection, defensive magick, physical strength,
- magickal energy, courage, will power and purification

WATER

- healing, compassion, reconciliation,
- friendship, purification, destressing,
- peace, sleep, dreams and psychism

AKASHA

- is the fifth element and is used for many magickal applications,

including longevity and past life

EARTH

Green Agate

Moss Agate

Alum

Green Calcite

Cat's Eye

Chrysophase

Coal

Emerald

Brown or Green Jasper

Jet

Kunzite

Malachite

Olivine

Peridot

Salt

Stalagmite and Stalagmite

Black and Green Tourmaline

Tourquoise

AIR

Aventurine

Mottled Jasper (Leopardskin)

Mica

Pumice

Sphene

FIRE

Banded, Black, Brown, Red Agate

Amber

Apache Tear

Asbestos

Bloodstone

Carnelian

Citrine

Quartz Crystal

Diamond

Flint

Garnet

Hematite

Red Jasper

Lava

Sard

Sardonyx

Serpentine

Spinel

Sulfur

Sunstone

Tiger's Eye

Topaz

Red and Watermelon Tourmaline

Zircon

Obsidian

Onyx

Pipestone

Rhodocrosite

Ruby

WATER

Blue Lace Agate

Amethyst

Aquamarine

Azurite

Beryl

Blue and Pink Calcite

Celestite

Chalcedony

Chrysocolla

Coral

Quartz Crystal

Geodes

Holey Stones

Jade

Lapis Lazuli

Lepidolite

Moonstone

Mother of Pearl

Pearl

Sapphire

Selnite

Sodalite

Sugilite

Blue, Green and Pink Tourmaline

AKASHA

Amber

Jet

Mother of Pearl

Petrified Wood

Coral

Fossils

Whenever you purchase
a crystal or gemstone,
you should be aware that many people,
just like you,
have handled it.

Therefore, it should be cleansed
of any negative energy
it may have picked up.

There are several different methods
for cleaning crystals and gemstones.
They are all effective,
but it is important
that you choose the method
that you are most comfortable
with and that has the most
meaning for you personally.

Keep in mind that some materials
are sensitive to sunlight and/or salt.

Sunlight

Place crystal on a sunny window sill
for a day or two.

This is where I keep my stones
all the time so they are always charged.

Sea Salt

Soak for 15-20 minutes
in a non-metallic container
filled with water and sea salt.

Running Water

Cleanse your stones
by holding them under running water.
Visualize its negative energy
being washed away.

Earth Burial

Crystals and gemstones
have come from the earth.
If you feel they are safe enough,

you can bury your stones in the ground
(mark where you have buried them).

The earth has a natural,
magnetic quality which
will draw off negativity.

To be sure your stone is clean,
hold it in your hand.

You should feel
nothing but purity,
light and happiness.

Stones should be cleaned
every few weeks or more often
if they are used more.

Charging or Dedicating Your Stones

When you cleanse and dedicate
your stones you are
"switching them on".

It is a good idea to to work
with a crystal for one purpose only.
It is important to dedicate a stone
to it's purpose directly after cleansing.

Hold your stone
in one hand and place
your other hand over it.

Visualize an energy connection

between you and the stone.

Decide on the stones purpose.

Then say:

"I intend this stone to be

an effective tool for (state purpose).

Demystifying the myth about dangerous gemstones

In this article I would like to get rid of all myths that surround certain stones, and deem them dangerous. There are many myths on dangerous stones and only a handful of these stories are based on actual facts. Therefore purpose of this article is to lift the veil on some of these myths.

It was once thought that Diamonds contained arsenic and therefore very poisonous, a myth conjured up by people who wished to buy up all the diamonds in the world? One of the most popular and successful ways to steal Diamonds, straight from the mine, was by swallowing the stone, and then wait a few days until the stone came out through natural 'channels'. After this myth of Diamond's toxicity had been released, many people thought twice about testing this theory. Would it be worth getting killed for a Diamond?

Pulverised Diamonds were once thought to be even more dangerous and toxic, but what people didn't know was that arsenic powder added to the pulverised Diamond. Trying this would surely cost you your life, and this kept the myth of Diamond's toxicity alive.

Also the fable of Opals bringing ill luck to their owners was conjured up by someone who thought he was very clever. A Turkish sultan loved Opals so much, he thought of a scheme to obtain all the Opals of the land at a very fair price. He fibbed and told every one that the Opal was a bad luck stone. Consequently everyone sold their stones of ill luck, unfortunately for the sultan, he got caught up in his own web of lies and didn't want to purchase any more Opals.

However this is not the only story that gave the Opal its reputation of the bad luck stone, in Sir Walter Scott's *Anne of Geierstein* Opals are also associated with ill luck.

Certain mines, especially in Burma, were told to be cursed. This myth was thought up by the king of Burma, all gemstones found in the country automatically became property of the crown. If you did steal a stone from the Burmese mines, you would have to pay for it with your life or a long-term prison sentence, not because the mines were cursed, but because you were robbing the king of Burma.

These so-called dangerous stones make great stories, and I could go on and tell even more, and also take them apart.

Of course there are exceptions, for what is the rule without the odd

exception? Gemstones and minerals containing high levels of mercury are incredibly toxic. Cinnabar for example is one of these stones, this stone may be used in gemstone therapy, but one should be careful with this stone! Cinnabar contains enormous amounts of mercury and is therefore ABSOLUTELY not suited for gemstone water and or - elixirs. Natural arsenic is known under the name Realgar in the Mineral Kingdom, and oxidised arsenic is known as Auripigment. These stones are absolutely NOT suited for use in elixirs.

Malachite is a stone that can be dangerous, it contains high levels of copper sulphate, and it is known that copper sulphate is toxic. However you should not despair, this stone can be worn without any problems, it is a stone that can cure ailments of the joints like rheumatism and arthritis, and also against oedema caused by an excessive amount of uric acids. I have successfully used this stone (and Amethyst) to treat a sprain and have succeeded in doing so within a few days - so I would not advice against using this stone. But going back to the original theme, the toxicity of Malachite - tumbled Malachite MAY be used to produce an elixir or gemstone water, the rough specimens should NOT! Personally I wouldn't use Malachite water for too long a period. In the past green paints were produced from pulverised Malachite and as soon as these paints became damp, toxic fumes were emitted, and many people died from inhaling these fumes, even Napoleon Bonaparte was a victim of this stone for he loved the colour green.

Of course other stones contain one of the two dangerous elements, but often these are only trace amounts that are not harmful. Just take into account there are people that regularly eat a poisonous fish and still live to tell about it. This is because the amount of poison that is ingested is so minimal it does not harm them. And remember in the past, and even today, people ingested or injected themselves with trace amounts of poison to promote immunity for

certain poisons like i.e. snake poison etc.

Crystals Used for Prosperity

Green tourmaline:

for awakening one's creativity for the purpose of creating more abundance. A healing stone that some gem healers consider the strongest of all green stones. Helps achieve balance in all areas. Extremely beneficial for the nervous system, brain, and immunological system. Stimulates creativity and communication. Helps you recognize and avoid negative energies before they become damaging. Recommended for people who wish to better understand their own spirituality. Business, Success. Taking heart, will to live, life-force, prosperity, compassion. Energizes Central Nervous System (for neuralgia, migraine, burns, etc.) Opens/heals physical and emotional Heart Chakra. Lungs, asthma. Cleanses meridians and blocks, stimulates new growth, rejuvenates heart, lymph, immune system. Thymus and entire body health. Yang.

Citrine:

for feeling confident about using those abilities. An energizing and highly beneficial crystal. Its color is usually a pale

golden yellow, but can be found in darker shades as well, although some literature considers the darkest crystals to be Smoky Quartz. The Celtic people of Scotland call the dark Citrine crystals Morion and Cairngorm. They are invigorating and positive. Can surround and fill anyone with its brilliant color, energizing every aspect of life. Increases motivation and promotes physical activity, which in turn improves digestion and helps the cleansing organs. May also work as a detoxifier for the blood. Persons involved with education or business will especially benefit. Can guide you to harness and utilize your creative energy. Helps us analyze events and steer them in a positive direction. Develops inner calm and security, and makes us less sensitive and more open to constructive criticism. Can dispel negative feelings and help us to accept the flow of events.

Honey calcite:

for manifesting abundance in work-related areas. Clarifies visions, imagery, astral travel and recall. Helps us replace fears, old ways with healthier ones. Cleans toxins and fumes from body. Needs cleansing if sticky. Yellow: Spine, bones. Detoxification of kidneys, pancreas, spleen. Decalcifying joints. Clear/Optical: Clearer vision & communication, wellness, general cleansing. Athletes use Calcite because they feel it can aid the bones and joints that are stressed or injured during practice or competition. Gold or yellow calcite is used by people who meditate because the color is linked to

the sun and light. Recommended for astral projection. Calcite is strongly recommended for those involved in the healing professions.

Pyrite:

for awakening the creativity and discovering new ways of creating abundance. Also known as "Fool's Gold". Beneficial to the respiratory and circulatory systems. Connected to the transfer of oxygen from the lungs to the bloodstream. Helps the skin protect itself from the elements, and also aids the digestive tract, lessening irritation by ingested toxins. The most important gift of Pyrite, though, is its ability to aid mental capacity. Helps to balance creative and intuitive impulses with scientific and practical ones. communication skills can also improve with the help of Pyrite, which eases anxiety and frustration. Strongly suggested for people who tackle large conceptual ideas in business, the arts, or education. Effective in attracting money to its owner. The stimulation of the mind can be enhanced by using Pyrite in conjunction with Fluorite and Calcite.

Crystals For Your Life

This guide lists a number of areas of life and issues and the crystals which can help you to deal with them.

Abundance: (We know that there are many forms of abundance--health, friendship, creativity. In this category we're talking about material abundance, or, if you prefer, money): Citrine, emerald, smoky quartz.

Anxiety relief: Rhodochrosite

Balancing of emotions and intellect: (or intuition and reason. Lack of balance can show up when people have a million new ideas which they never follow through on, when they are constantly overwhelmed by emotion, when they demand a scientific explanation for everything, or have difficulty expressing their emotions): malachite, moss agate, sodalite.

Calming: Amethyst, aquamarine, chrysocolla

Communication: Amazonite, aquamarine, blue lace agate, turquoise

Creativity: (whether you want to create a new job, relationship, living place, or more traditional art forms) carnelian, garnet, malachite, tiger's eye

Depression/negativity relief: citrine, moonstone, smoky quartz

Dreams: Amethyst, sugilite

Emotional healing: Emerald, moonstone, rhodonite, rose quartz

Emotional protection: hematite, rose quartz

Energy: (this could be the ability to have more energy or to be more attuned to subtle energy) garnet, ruby

Grounding: all dark stones, including hematite, smoky quartz, tiger's eye. Carnelian and jasper are also considered to be grounding

Letting go of anger and grief: amethyst, rose quartz

Guilt and resentments: sugilite

Love: rhodonite, rose quartz

Mental clarity: carnelian, sodalite

Psychic development: Amethyst, lapis, labradorite/spectrolite

Relationships: quartz clusters, any of the love stones above

Self-esteem: All agates, rose quartz, smoky quartz

Stress relief: Amethyst, aquamarine

CRYSTALS FOR WOMAN

Crystals can be used to assist women of all ages and in all stages of healing. The awakening of the Self to a spiritual journey is not an easy task. It can demand much time and resources to achieve self-development and growth. Some choose not to undertake the risks and perils of peeling off our defences to become fully human and alive, and to experience the full wealth of life.

"Isis Unveiled" is a term which refers to the Egyptian goddess whose face and form was covered with a red cloth, symbolic of the

ignorance and emotionalism that stood forever between a person and Truth. To the wise, Isis lifts her veil, dispelling and revealing the mysteries of the Universe. The inner journey becomes sacred to those who can withstand the intensity of full consciousness.

Crystals have a healing role to play in this fantastic journey. Like the mysteries of a woman's consciousness, crystals help to contain the inner processes of "Isis Unveiled", and help to prepare the unveiling of female consciousness through healing all levels of her being. Crystals provide protection and give sanctuary for the deep healing a woman does within herself. I have listed a selection of ten crystals and gemstones from a group of forty-four that are useful in healing women and women's issues. The next crystals articles will be on healing men's issues, followed by "Using Crystals for Healing Children".

Amber

A "Gentle Stone". Amber is very soothing and calming to the nerves. It can uplift a negative disposition and encourage you to take life less seriously. It promotes fidelity in relationships. As a self-healing stone, amber guides the emotions into a clearer mental outlook and to take greater responsibility for one's choices in life. It is also excellent for soothing emotions during post-operative care. See also Jade.

Amethyst

A "Master Healing Crystal". Amethyst purifies and transmutes

negativity. Amethyst provides protection and balance during transition periods. It reduces the feeling of being victimized, giving you a spiritual perspective on life's circumstances. The lavender-pink colour amethyst relates to the Heart chakra, to open and lighten up a betrayed heart and to heal the sense of loss of life and innocence. The blue-red colour amethyst promotes a deep spiritual connection between one's self and one's life challenges, supporting the challenge one has taken on, giving patience and calmness despite overwhelming odds. The Chevron Amethyst (banded white and purple) helps peel off old karmic patterns to promote self-love and the ability to get along with others especially with one's Soul Mate or family members.

Apache Tears (transparent Obsidian)

The "Grief Stone". Apache Tears allow for tears to be shed, stimulating emotional spontaneity and the release of barriers that prevent you from experiencing deep sorrow. This stone is excellent for transmuting one's own negativity under stressful situations. The Apache Tear is a dark black stone of obsidian and when held up to the light appears transparent. However, it has been noted that the grief one feels goes into the stone and can turn it opaque.

Coral - Red Coral

A "Woman's Stone". Red Coral quiets the emotions and dispels feelings of despair and despondency. It encourages a passionate energy, and stimulates and strengthens female reproductive organs through tissue regeneration. This stone relates well to the Spleen meridian for blood circulation, and to purification of the kidneys and bladder. Red Coral is considered to be "The Blood of Mother

Earth" by Native Americans and is considered particularly precious by Tibetan women for menstruation and fertility.

Garnet

The "Sex Stone". Garnet strengthens the life force and provides for the spontaneous availability of energy when needed. This gemstone is especially good for the restoration of victimized and abused women, helping them reclaim lost power. It promotes regeneration of emotional energy and the acceptance of one's thoughts and emotions. Garnet stabilizes energy devoted to accomplishing one's purpose. It also empowers and strengthens the Root and Navel chakras. Garnet heightens sexuality (the physical aspects) and increases fertility.

Jade

A "Crystal of Tranquility". Jade soothes the emotions and helps keep the peace for community relations. It provides a sense of self-worth, self-sufficiency and capability in dealing with any situation. Jade promotes harmony, balance, and tranquility through emotional detachment. Jade is excellent for recovery after an unpleasant experience (minor surgery, divorce, funerals, loss of job). See also Amber.

Jasper

A "Nurturing Stone". Jasper makes it easier to use one's own power and to know that it cannot be taken away. It calms aggressive energy, and facilitates safety and protection during recovery periods (e.g., from stress, operations, and other life traumas). Red Jasper provides lively fresh energy and reduces feelings of being victimized. Yellow Jasper balances hormones and protects during

travel. Green Jasper restores energy and focus during recovery from burnout.

Rose Quartz

"The Love Stone". Rose Quartz is a Master Healer and transmutes emotional negativity at all levels. It enhances meditation and healing by harmonizing and balancing energy fluctuations. Rose Quartz embodies the expression "Love Conquers All". It is excellent for calming the Heart and Solar Plexus chakras after situations involving emotional upheaval, chaos, trauma, or crisis. Rose Quartz allows love to come to the wearers who have trouble finding love within themselves to give to either themselves or to others. This is also a great friendship stone to give to someone you care for.

Smokey Quartz

The "Emotional Balancer Crystal". Smokey Quartz clears and transmutes negative emotions. This crystal is an excellent stabilizer for mood swings and grounds all kinds of negative energy. Excellent for PMS sufferers and other cranky persons. It is an excellent crystal to use in times of stress, and to rebuild emotional burnout by offering protection during the healing period. Smokey Quartz reduces the fear of failure, unblocks self-limitations, and lets you risk trying some new experiences.

Sodalite

"A Stone of Peace". Sodalite helps alleviate insomnia caused by overactive mental chatter. It helps to dispel irrelevant thoughts, provides mental focus, and maintains logical reasoning with regard to emotional upsets. Sodalite promotes issues of trust, enhances

companionship and the commonality of goals with others. It is excellent for busy women who find no time for peace, who need to relax and to restore one's mental energies. [Sodalite is actually a "rock" composed of several types of micro-crystals.]

Crystals for the Holidays

By Andrew Pacholyk, MS, L.Ac.

Although one of the most anticipated times of the year, the holidays can produce a time filled with anxiety, exhaustion, overindulgence and depression. Crystals can offer a remedy to these ailments, as well as, provide a better sense of well-being, enlightenment and financial gain. Five crystals that can assist with this are Smokey Quartz, Amethyst, Amber, Imperial Topaz and Citrine.

Smokey Quartz

Smokey Quartz is a translucent grayish/brown quartz. It's colors range from a light smoke to an almost black color. It can assist in helping you get through your holiday shopping and running around by stimulating your energy, while keeping you grounded and not allowing you to get overwhelmed by the events around you. It is known as the "anti-stress" stone. It has a relaxing effect facilitating clearing the mind of worry. Another advantage during this shopping season is that it will give relief to your aching back after carrying all those gifts around the mall. For strength wear it on a chain or a pendant. For pain, lie it directly on the afflicted area. For stress

put the crystals in your hand and breathe. A nice gift would be a beautiful Smokey crystal to keep in your purse or pocket for those stressful times.

Amethyst

Amethyst is a beautiful violet crystal. Its name is derived from the Greek "amethystos" meaning "non-inebriated." Given our tendency to overindulge at this time of year, amethyst's sobering affect will keep us in check. It also will take care of those tension headaches and hangovers. Just gently rub it on your temples for relief for a few minutes. It is a stone known for encouraging spiritual wakefulness. It is excellent for meditation and helps quiet the mind and find inner peace. At this time of year we are reminded of our personal losses. Amethyst assists in healing sadness and grief allowing us to come to terms with our loss. It is excellent for nervous complaints, lung disease and intestinal troubles. A nice gift would be a collection of amethyst clusters. It makes a beautiful decoration for a room while transforming the climate of the room into a more spiritual environment.

Amber

Amber is the fossilized resin of conifer trees. It is a honey-colored stone, which has been used for centuries for stomach pain and respiratory diseases. It is, however, considered to be "the stone of happiness", encouraging a sunny disposition. During these days we can all use the good luck and happiness it is said to bestow. It also is known to be the source of easily obtained success. Wearing or

carrying the stone is said to make the wearer peace-loving and trusting. A gift of an Amber bracelet or necklace would put a smile on anyone's face.

Citrine

The sunny Citrine crystal might be just what you need after spending all your money on presents. It not only attracts money to you, but also will help you maintain a state of wealth. It is known as the "merchant's stone." By placing a cluster or crystal in the cash box it is said to produce more income for the merchant. It also bestows "joi de vivre" assisting us to overcome a common affliction of these holidays $\frac{3}{4}$ depression. It is said to free you from oppressive influences, giving you the ability to confront your demons and to understand and overcome them. Physically citrine is an excellent aid to digestion. It is said to not only encourage the workings of the stomach, spleen and pancreas, but it is said to alleviate diabetes in its early stages. A Citrine cluster would make an excellent gift for your boss.

Imperial Topaz

A stone of royalty, Imperial Topaz was considered by the ancients to have been a stone of the Sun because of its fiery orange color. Truly a beautiful stone, it would be a perfect gift representing the season. It gives the wearer the ability to be big-hearted and generous, while protecting them from greed. It also encourages self-

realization and institutes faith. The wearer's self-confidence and charisma is also said to be strengthened, as well as the ability to strive for fame and recognition. It assists in overcoming apparent limitations while still remaining realistic. Physically, it helps with states of nervous exhaustion, strengthens the eyes and heals the lungs. It fortifies the nerves and also activates the metabolism. A gift of an Imperial Topaz necklace or ring would make anyone feel like royalty.

DECEMBER BIRTHSTONES:

December has two birthstones, Turquoise and Zircon

Turquoise, a beautiful blue stone, balances mood swings, gives greater awareness within ourselves, encourages good intuition, alleviates pain, cramps and is an anti-inflammatory. A gift of a beautiful Turquoise belt buckle or bracelet would be a gift of serenity.

Zircon comes in a variety of colors, red, yellow, orange, brown and green. It is the "stone of virtue." It is said to give you the ability to deal with your existence, overcoming loss, pain and fear and stimulating you to re-evaluate things in life and to shed material things. It is excellent for healing the emotions, the liver and alleviating pains and cramps. A gift of Zircon earrings or a ring would be a compliment to anyone receiving it.

Crystals for Healing Stress

Stress is unavoidable in any society and is a symptom of our inability or ineffectiveness to accept change as fast as it seems thrust upon us. We must adapt quickly to disappointments, shock and traumas, physical pain, and other tremendous emotional and psychological imbalances in our environments. It isn't easy to keep up with the changes!

Crystals are particularly good at helping us adapt to changes in energy frequencies created through stressful situations. There seems to be a crystal for every form of stress including financial (Citrine), relationships (Rose Quartz) and burnout (Smokey Quartz). Having a large crystal in a room can also help reduce stress, by reducing negative energies and harmonizing imbalanced energy patterns.

By wearing the crystals through out the day, preferably as a full necklace, as a pendant, or in a small pouch at the Heart Chakra; the vibrations of the crystals will continue to affect areas of the imbalance, restoring a positive state where the imbalance has occurred. The effects of crystal healing at the emotional and psychological levels are subtle, yet are often noticed more by others than yourself! I have listed ten crystals and gemstones that are useful in healing stress.

Ten "Stress Stones"

Amethyst

Keep an Amethyst cluster at your desk or in your therapy room to transmute negative energy. Amethyst helps you think and act at your highest level. It's good for promotions (spiritual), and reduces tension headaches. Wear an Amethyst pendant continuously for migraine prevention and for alleviating arthritic pain.

Citrine

The "Success Stone" - Citrine encourages a bright outlook and happiness. It attracts wealth and joy. Keep a piece in your wallet to enrich your holdings. It can help stabilize emotions and soothe family problems. Citrine is also good for improving stress-related digestive problems.

Clear Quartz

Clear Quartz can be worn as a crystal pendant to deflect radiation from going to your body. Quartz is an excellent general physical system fortifier and protector. It increases mental clarity. Hold a clear crystal at your solar plexus and breath evenly for several minutes to calm your emotions, to relax the body, to clear the mind, and to refresh your energy. Stare into the crystal to clear writer's block and to increase creativity.

Fluorite

Fluorite - a stone to unblock stuck energies. For digestive systems problems use the yellow/green colour combination. For pains in the skeletal and muscular system, use the blue/white colour combination. For head area complaints, use the purple/clear combination. For asthma, wear the green coloured Fluorite. To help congested mental thoughts, use a purple cluster in your work area, or position a cluster at your crown chakra while sleeping.

Garnet

Garnet - An energy revitalizer. Garnet is excellent for strengthening the base chakra. It promotes sexual energy (for your self and partner). It helps increase circulation to the legs and pelvic area. It reduces menstrual pain when held or taped over the ovaries and uterus. Garnet can increase sexual stimulation and fertility too!

Hematite

"The Anti-Stress Stone". Hematite reflects back negative energies to the sender (so you don't end up taking them on yourself). Hematite dissolves the issues when one meets with confrontation. Tape a small piece over the leg and back areas to reduce pain and to increase electromagnetic circulation. Hematite helps balance the meridians.

Malachite

Malachite is excellent for Type A personalities and for those prone to heart disease and stresses to internal organs. It helps to detoxify the liver and to increase blood circulation. Malachite is excellent for breaking up old energy patterns. Use it with Rose Quartz to soften the effects of a broken heart! Due to the possibly toxic copper content of this stone, keep Malachite away from pets and children, and do not wear it against the skin for long periods of time. This stone is for external use only.

Rose Quartz

"The Love Stone" - Rose Quartz is very protective and soothing for many issues. Place a large chunk of the stone at your Heart Centre for 15 minutes to relax after a stressful day. Rose Quartz helps to unblock anxiety and to promote healing of private emotional issues. It allows one to become more receptive and open to

challenges.

Smokey Quartz

Smokey Quartz is an excellent stabilizer for mood swings. It helps ground feelings of depression, and both absorbs and transmutes negativity. This stone is best worn at the solar plexus, the seat of the emotions. Smokey Quartz is excellent for PMS and cranky persons; and good for persons imbalanced due to extreme stress and burn-out. It provides a protective field for recovery.

Turquoise

"A Stone of Protection" - Turquoise is an excellent toner for all systems of the body. It helps prevent organs from absorbing toxins and breaking down. Wear this stone at the throat to strengthen your will and to communicate effectively. It helps to sweeten the voice and speak your truth. Turquoise helps reduce premature aging.

Crystals for Healing Relationship Issues

Love is truly a wonderful spiritual force! However, when our love needs are not being met, our expectations about life are left in an uncomfortable spiritual position. We begin to doubt, rather than be in wonderment with the process of relating to another person. Crystals can give us that re-connection within ourselves.

By wearing the crystals throughout the day, preferably as a full necklace, as a pendant, or in a small pouch at the Heart Chakra, the vibrations of the crystals will continue to affect areas of an imbalance, restoring a positive state where an imbalance has occurred.

The effects of crystal healing at the emotional and psychological levels are subtle, yet are often noticed more by others than by yourself! I have listed twelve crystals and gemstones that are useful in healing relationship issues.

Twelve Crystals for Love

Amethyst - "A Master Healer". Amethyst purifies and transmutes negative energy and improper karmic patterns into a spirit of cooperation. Provides protection and balance during major personal transitions. Reduces feelings of being victimized by others. Opens the Heart and Crown Chakras. Helps to heal losses (personal friends, socio-economic). Supports all aspects of spiritual growth with peace and calm to fulfill one's mission on Earth.

Aquamarine - "The Fearless Stone". Aquamarine strengthens one's resolve to take command and to not feel life is without purpose. Very protective emotionally. Helps you remain centered through complex issues. Excellent for dispelling fear originating from one's weaknesses.

Bloodstone - "A Stone of Courage". Bloodstone dispels discouragement and fear. Gives strength and endurance to withstand endless difficulties. Reduces stress and anxiety. Clears blockages and focuses scattered thoughts. Revitalizes and encourages unselfishness in relationships.

Carnelian - "The Self-Esteem Stone". Carnelian (Cornelian) eliminates feelings of inadequacy and low self-worth. Good for recovery after rejection. Transmutes sadness into the initiative to do something positive about the problem. Encourages enthusiasm. Good for giving vibrancy to one's sexuality too.

Emerald - The "Prosperity Stone". Emerald (Green Beryl) softens arrogance, promotes organizational abilities. Good for busy family types to promote harmony and domestic loyalty. Allows you to dispel negativity and to hold

on to what is practical. Cools the heart and promotes divine love and peace.

Gold - "A Master Healer". Gold symbolizes the purity of spirit. Activates one's highest potential. Promotes inner beauty and energy. Purifies negative energy. Lessens the traumatic experiences of one's learning of lessons. Helps eliminate feelings of inferiority, depression, anger, and the sense of overwhelming responsibilities.

Jade - "A Stone of Fidelity". Jade (Jadeite) is soothing for the emotions. Helps keep the peace in community and family relations. Improves self-worth, self-sufficiency. Promotes peace, harmony and tranquility through emotional detachment. Excellent for recovery after an unpleasant experience (surgery, divorce, funerals, etc.).

Hematite - "The Emotional Support Stone". Hematite protects the Heart that loves. Protects against "wounding". Reflects back negativity and reduces stress to the whole body. Helps ground love energy so it doesn't fly away when challenged. Excellent for blood circulation and helps reduce leg and back pain. Also known as "The Stress Stone".

Kunzite - "A Consciousness Elevator". Kunzite opens the Emotional Heart to the highest level. Relieves emotional distress (this gemstone has a high lithium content). Provides peace, dissolves negativity and stimulates sensuality. Dispels loneliness and allows you to surrender rather than resist. Excellent for physical heart problems.

Malachite - A "Stone of Transformation". Malachite clears the heart of negative experiences by unblocking and absorbing the energies. Allows you to stay tolerant, loyal and practical. Helps dispel fear, and helps you

break-free of self-denial and old love patterns. Promotes being reasonable in relationships. An excellent preventative stone for heart disease too.

Rose Quartz - The "Love Stone". Rose Quartz builds confidence through self-love. Excellent for abandoned, victimized types. Shows you the power of your emotions and of the ability of Love to "conquer all". Brings softness to hardened hearts. Brings beauty to dissolve negative emotional states (gloom, despondency, possessiveness, etc.). Turns a distrusting heart to trusting that "love will prevail". Promotes harmonious relationships. Restores calm after major upheaval, chaos, traumas, crisis. Gives love to the wearer who might otherwise have trouble giving love to themselves or to others.

Ruby - "A Stone of Love and Endurance". Ruby (Red Corundum) purifies love and promotes idealized love. Dispels disoriented, trapped love energy. Promotes the focus, selection and attainment of love objectives (health, happiness, wealth, spiritual knowledge). Encourages bliss and enhances the dream state. Protects from unnecessary suffering in love.

Crystals for Common Problems

Seeking the subtle energy in crystals is one of the greatest natural therapies we can work with. Certain crystals can lend their vigorous and effectual application and operation of power in healing.

1. It's hard for me to concentrate.

Sodalite. It helps to clear up both mental and emotional confusion which can

prevent concentration.

2. I have a hard time making decisions.

Carnelian: It helps us to focus on the present, and our current needs.

3. I'd like to be more in touch with angels.

Angelite: This crystal helps us to be in touch with angels and animal guides,

as well as assisting in distant communication with other humans.

4. I have lots of ideas, but I can't seem to materialize them.

Citrine: It helps you to manifest your ideas so that you can act on them.

Clear Calcite: Sometimes we can't find new answers because we're operating in

a framework of old beliefs. Clear calcite helps us to change our perspective.

5. I have lots of ideas, but it's difficult for me to express them.

Turquoise: It helps you to clarify ideas and to express them creatively -- and to enroll others in helping to make them come true.

6. I have difficulty letting go of old ideas.

Clear quartz: Called the mirror of the soul, it helps us to see who we truly are, free of limiting ideas and beliefs.

7. I wish I liked myself more.

Rose quartz: This is the stone for self-love, meaning appreciation of yourself, regardless of what you consider to be your shortcomings.

8. It's hard for me to be honest with other people.

Amazonite: For courage of personal expression.

9. Sometimes I wish I were in a different dimension of reality.

All grounding (black/red) stones help to reestablish a loving connection with

the earth dimension. These include smoky quartz, hematite, tiger's eye, obsidian, black tourmaline, onyx, and red jasper.

10. I hate my body. I'm too (fat, skinny, short, tall, etc.).

Smoky quartz: Of all the grounding stones, it establishes the most gentle and

loving connection with the body.

Crystals have been close to humans for as long as man has walked the earth and gazed with wonder at their natural beauty and mystery.

There are thousands of types of crystals, each with its own unique color patterns, shapes, energetic properties, and metaphysical properties.

This is a list of crystals and their properties. You will

find the crystals name, its metaphysical properties, and a brief description of what the crystals color and shape. This list is never complete, and will be updated constantly.

ACTINOLITE This mineral is an immensely important tool. It is a phenomenal shielding device and expands the energy bodies. The expansion of the energy bodies provides for a connection to the "Light"- "All That Is". This stone is cloudy gray with greenish black shafts.

AMAZONITE This mineral provides for balancing and aligning the physical with the ethereal bodies. It is a stone of balance, balancing the male/female energies. It soothes nerves and dispels both irritating and negative energy. It helps to rejuvenate the heart centers and the throat chakra areas.

This stone is turquoise in color with white/gray stripes occasionally.

AMBER This mineral is used for allowing the body to heal itself, absorbing and transmuting negative energy into positive energy. It is said to be a stone of good luck. It was burned as incense to clear negativity. It purifies the area in which it is placed and is excellent for use in rooms where re-birthing is done.

This stone is amber in color and is clear or cloudy.

AMETHYST This mineral provides for good spiritual cleansing and development, helping the mind to calm and dwell on higher thoughts. Used also extensively for healing in the healing arts. It is also known for protection from psychic attacks, an excellent stone for activating the crown chakra.

This stone is purple in color.

CHEVRON AMETHYST This mineral provides for good spiritual cleansing and development, helping the mind to calm and dwell on higher thoughts. Used also extensively for healing in the healing arts. It is also known for protection from psychic attacks, an excellent stone

for activating the crown chakra.

This stone is purple in color with white stripes.

AMETHYST HERKIMER This mineral provides for good spiritual cleansing and development, helping the mind to calm and dwell on higher thoughts. Used for healing and is also known for protection from psychic attacks, an excellent stone for activating the crown chakra.

This can also help to attune one to the higher realms, and is conducive to opening the channels to telepathy.

This stone is light purple in color.

AMETRINE This mineral is a mixing of citrine and amethyst. It helps clear one's thoughts and brings a universal equilibrium. This stone is a powerful healing stone, which absorbs and disperses negativity from the aura and never has to be cleansed. Ametrine works quickly in all areas of clearing and raises the citrine's properties of clearing away blockages and healing.

This stone is golden yellow, purple and usually clear.

AMETHYST HERKIMER This mineral is used to bring light to darkness, merging of the auras of two when used by two together. It assists one in acknowledging "All That Is". It is also good for clearing and protection.

This stone is naturally faceted and purple with some gray.

ANGELITE This mineral is an excellent balancing agent, aligning the physical with the ethereal network. It provides a protective fields around the environment which it is placed. It is a sender and receiver of telepathic signals. It dispels anger and negativity,

helps induce the re-birthing process, and facilitates healing.

This stone is Light to sky blue in color.

APACHE TEARS This mineral is said to be excellent for sharpening external and internal vision and used for vision quests. It is also known for use in protection from psychic attacks, and is excellent for dispelling negativity. It is also used for comfort in times of grief it helps you to understand and helps provide insight and acceptance.

This stone is clear/black in color.

APOPHYLLITE This mineral has been used to create a conscious connection between the physical form and the spiritual realm. It has been used to facilitate Astral Travel and allows one to see into the future. It also can be used to stimulate and enhance one's intuitive visions. Can be used as a "Star Gate" to transverse universes.

This stone is clear to white to pink and green in color.

AQUAMARINE This mineral is known as the stone of courage. It enhances one's ability for rapid intellectual response. It accelerates the intellectual processes. It provides a shielding property to the Aura and subtle bodies. It helps one to attune to more spiritual levels of awareness.

This stone is light blue in color.

BLUE LACE AGATE This mineral is excellent for stimulating the crown chakra, 3rd eye and energizing the auric body. It can be used to stimulate the exploration of the unknown and to further ones quest toward the enlightened state. It also allows one to look toward the

solution rather than the problem.

This mineral is blue exhibiting white circular or oval patterns.

BLACK ONYX This mineral is excellent for protection and for providing a grounding energy field around the user. It enhances decision making by letting the holder see both sides of the story leading to happiness and good fortune. It is useful for the removal of negative energy.

This stone is black in color.

BLOODSTONE This mineral is excellent as a healing stone and is called the stone of courage. It can be used to awaken the base, navel, sacral and heart chakras. It is also centering and grounding for the heart chakra. It provides a revitalization of love, relationships and friendships.

This crystal is mostly green with tiny spots of red that look like blood.

BLUE APATITE This mineral is excellent for powerfully affecting the throat chakra, clearing obstructions to greater self-expression and receptivity. It can further the connection with UFO's and can provide access to past life insights and telepathy. Also used, as its name sounds, to curbing the appetite, excellent dieter's stone.

This stone is light to dark blue in color.

BLUE CALCITE This mineral is excellent for amplifying the energy from the throat chakra. It is a great stone for students as it helps sharpen learning and retention of lessons learned. It enhances

decision making by letting the holder see more clearly into situations leading to happiness and good fortune.

This stone is blue in color.

BLUE MOONSTONE This mineral is excellent for helping you to go with the flow, supporting, yet, promoting growth. Used for protection while traveling it is known as a "Travelers" stone. It is a stone that cleanses negativity from the chakras. It is also a "good luck" stone and is also helpful for fertility.

This mineral is opaque white with blue flames.

BOJI STONES This mineral is excellent for aligning all of the subtle bodies and both balances and aligns the chakras. It is useful for the removal of energy blockages, while cleaning and charging the aura. Also used to align the yin/yang energy within ones physical body. It is an excellent grounding stone.

This stone is rust/brown in color and round in shape, some are smooth (females), some are bumpy (males).

BOTSWANA AGATE This mineral is excellent for stimulating the crown chakra, and energizing the auric body. It can be used to stimulate the exploration of the unknown and to further ones quest toward the enlightened state. It also allows one to look toward the solution rather than the problem.

This mineral is gray and pink, exhibiting white circular or oval patterns.

BOULANGERITE This crystal brings patience, perseverance, composure and stamina. It helps one to find things that were lost. It helps to

awaken the inner sense of well being. This mineral has been used in the treatment of the immune system, to increase the amount of cells, and to assist in the assimilation of vitamins and minerals.

This crystal is grayish in color.

CLEAR CALCITE This mineral is excellent for amplifying energy. It is a great stone for students as it helps sharpen learning and retention of lessons learned. It enhances decision making by letting the holder see more clearly into situations leading to happiness and good fortune.

This stone is clear in color and mostly found in flat square pieces.

CARNELIAN This mineral is excellent for providing perceptiveness. It is a great protector against envy, fear, and rage. It also helps to get rid of feelings of sorrow leading to happiness. This stone represents the navel chakra.

This stone is opaque to clear red to orange and sometimes found with stripes running through it.

CHAROITE This mineral provides for a synthesis between the heart and crown chakras and combines the higher spiritual dimensions with unconditional love. It also provides for the transmutation of negativity and for grounding to the spiritual self. It cleanses the Auric body and instills a "brotherhood of light" feeling.

This stone is purple with gray or white.

CHRYSOCOLLA This mineral is excellent for easing emotional heartache, and gives renewed strength and balance. It produces inner strength and relieves stress. It also helps to stimulate the crown chakra to

help in the alignment of the ethereal network and is excellent for meditation.

This stone is blue-green in color.

CHRYSOPHRASE This mineral is excellent for balancing the yin-yang energies and for aligning the chakras. It activates and opens the heart chakra and is excellent for deep meditation. Helps to heal a "Broken Heart". It is also good for inner strength and balance bringing a non-judgmental attitude and acceptance of others.

This stone is greenish blue in color.

CITRINE This mineral is an excellent healing stone, also known as a healers stone. This stone is a powerful healing stone, which absorbs negativity and never has to be cleansed. This stone is said to bring business if put in the cash box of a shop or money if carried on your person. Helps clear one's thoughts and allows one to feel cheerful and lighthearted.

This stone is golden yellow and clear.

COPAL This mineral can be used to activate the crown chakra, to remove energy blockages and to strengthen the meridians of the physical body. It assists one in remaining aware during meditation. It has been used for healing and for communicating with spirits. Amber-like yellow to gold in color and very light to the touch.

DANBURITE This mineral is excellent for encouraging you to let your light shine. It is a powerful intellect activator. It also helps to bring in the element of enlightenment through love. This stone is a

powerful acceleration stone, which "juices up" the energy of stones used in conjunction with it.

This stone is clear with striations running down.

DENDRITIC AGATE (tree agate) This mineral is excellent for enhancing gentleness and helps to stimulate peacefulness. A great money stone as it is a stone of plenty and helps to produce prosperity.

This stone is opaque white with green or gray plant like markings in it.

DOUBLE TERMINATED QUARTZ DT Quartz is multi functional; energy moves from both ends concurrently. They have the capacity to draw or transmit energy in both directions. These are excellent for astral travel and for dream work. They can be used for protection and to build and maintain an energy shield. They transform negative to positive.

Clear to opaque in color with points on both sides.

ELESTIAL QUARTZ This mineral is excellent for overcoming emotional burdens, aligning the heart and intellect, and for finding within, a deep love for self and others, used also for protection from psychic attack, or negativity.

This stone is clear to black to brown crystal.

EMERALD This mineral is excellent as a stone of successful love, it is said to provide domestic bliss, sensitivity and loyalty. It can be used to enhance the memory. It is also useful for opening the heart chakra. It is also said to bring successful consequences for legal affairs

This stone is green to light green in color.

EPIDOT This mineral can provide for increases in that which we choose to be attuned with. It dispels criticalness, enhances keen perception, stimulates participation and interaction, and also stimulates personal power.

This stone is black to dark green and is light green when found with quartz.

FIRE AGATE This mineral represents the spiritual flame of absolute perfection. It is said to dispel fear from the very depths of the inner being and to provide a protective shield, which reflects all threats of harm back to the source such that the source may personally understand the act.

This stone is brownish in color with a fire-like flame to it.

FLUORITE This mineral is excellent for opening inner doors of perception, to yourself and others around you. It is known for absorbing anger and negativity holding it in until the crystal breaks. A great companion for your computer, also is very grounding. This stone is found in green, yellow, blue, and purple or in combination with all.

GARNET (red, raspberry, green) This mineral is excellent for health, extracting negative energy from the chakras. It is a stone of commitment to purpose- to self- to others. Garnet reflects the attributes of warmth and understanding. The garnet stimulates the development and movement of the kundalini.

This stone is pink to red or green in color.

GEM SILICA This mineral is excellent for its ability to allow for the flow of messages from the physical to the etheric plane. It helps to bring calm and peacefulness to one's environment. It stimulates the heart and throat chakras and brings love.

This stone is grayish white with blue in color.

GREEN AVENTURINE This mineral is used mostly for the heart chakra to activate and clear. Excellent stone for providing a shield so people can't "tap in" and use the energy of another. It facilitates balancing and alignment of the intellectual, emotional, physical and auric bodies. It enhances leadership qualities.

This stone is light to dark green in color.

SMOKEY QUARTZ (smoky) This mineral provides for good spiritual cleansing and development, helping the mind to calm and dwell on higher thoughts. Used also extensively for healing in the healing arts. It is also known for protection from psychic attacks, an excellent stone for activating the crown chakra, and clearing negativity from all the chakras. Excellent for Astral travelling protection.

This stone is grayish purple in color.

HARLEQUIN QUARTZ This crystal is powerful. It can be used to traverse the spaces between the spiritual and physical worlds. It balances the

polarity in the body, and is a stimulator of the heart chakra. It provides physical vitality to the body. It stimulates the alignment of the physical and ethereal nervous system.

This mineral is clear to opaque and had red spots and /or red strings.

HEMATITE This mineral is excellent for calming and relaxing and for reducing emotional upset. It aides in sleep and is known to transform negativity. This stone is also known for its grounding and protection qualities. Good for freeing up your mind to be able to think clearly. Also good for relieving headaches.

This stone is silver metallic and heavy.

HERKERMER DIAMOND This mineral is a naturally faceted mineral which provides an energy for a delicate harmony, enhancing awareness. The energy of the herkermer diamond helps one to begin again in this lifetime. It also is known as a stone of "Attunement", in addition it stimulates clairvoyant and clairaudent abilities and assists in telepathic communication.

Clear and faceted like a diamond.

HESSONITE This mineral is excellent for health, extracting negative energy from the chakras. It reflects the attributes of warmth and understanding. It helps eliminate feelings of inferiority. It helps to activate the intellectual qualities in the holder.

This stone is pink to orange to gold in color.

HIDDENITE This mineral is excellent for stimulating the intellect and the loving side of ones nature in order to bring fourth the unknown.

It prompts the connection with the other worlds and provides for the transfer of knowledge.

This stone is green to clear in color.

HOWLITE This mineral provides for calm communication, awareness and encourages emotional expression. It combines the power of reasoning with observation and patience. This mineral dispels selfishness, criticalness, and facetiousness. Howlite can be used to relieve stress, pain and rage.

This mineral is white with gray stripes.

IOLITE This mineral is one of the major stones for use in the 3rd eye/crown chakras during healing, meditations, and during astral travel. It is useful for stimulation of visions and is an important "Shamans" stone, and is considered strong medicine. This crystal is indigo-violet to deep blue in color. This stone is metallic silver with gold or red or blue blotches.

JADEITE This mineral is known as the stone of magic. It can also bring forth the abilities to unite and improve dysfunctional relationships. It enhances expressiveness, intelligence and perception. It assists one in attaining the royal realm. It also assists in the removal of pain.

This stone is light to dark green in color.

JASPER (red & yellow) This mineral is excellent for protection and is known as a "Shamans" stone that transforms negativity. This stone is also known for its ability to balance the yin-yang energies and is a safe facilitator for astral traveling.

This stone is orange-red and/or yellow in color.

JET This mineral is fossilized wood. It can protect the wearer against illness and violence. It is a calming agent, providing the diminishment of depression. This is the stone the witches use for protection from negative spells against them.

This stone is black and lightweight.

KORNERUPINE This mineral is excellent for promoting understanding of the sacredness of life. It assists one in seeing beyond the normal illusions of this world. It serves to both stabilize and calm the emotions and to bring refinement to ones character.

This stone is green.

KYANITE (blue) This mineral is excellent. This is one of 2 minerals that never need cleansing or clearing. It brings tranquillity and a calming effect to the whole being. It also stimulates psychic awareness on all levels, dispels anger, and helps with recall of dreams. Kyanite can be useful for remembering past-lives.

This stone is green with striations.

LAPIS LAZULI This mineral is known for being a symbol of power and royalty since ancient times. It is also known for its ability as a mental and spiritual cleanser and opener of the 3rd eye. Draws the mind inward to its own source of power.

This stone is light blue to azure with specks of pyrite in the matrix.

LAVENDER QUARTZ This mineral is said to be excellent for stimulation of the third eye up to the crown chakras, and also promotes clairaudience and clairvoyance. It is a very loving stone and is an asset to your environment. This stone also has all of the qualities of Rose Quartz.

This stone is clear to opaque pink/purple in color.

LEPIDICHRONITE-SUPER 7 This mineral brings grounding with intellectual stimulation, it acts to promote realization that one's strength occurs through both spiritual avenues and through love. This mineral is a bridge between consciousness and matter, which bring practicality to and powers of manifestation It is useful for Reiki treatments to promote the transfer of energy. Opens communication with Angels.

This stone is clear with gold and purple threads.

LEPIDILITE This mineral brings grounding with intellectual stimulation, it acts to promote realization that one's strength occurs through both spiritual avenues and through love. This mineral is a bridge between consciousness and matter, which bring practicality to and powers of manifestation It is useful for Reiki treatments to promote the transfer of energy. Opens communication with Angels.

This stone is purple.

LIMONITE This mineral assists toward stability and comfort. It provides for strength and virility. This mineral also provides for

protection against negative thoughtforms and psychic attack. It also furthers accuracy in the intuitive process.

This stone is rusty and iron-like.

LODESTONE/MAGNETITE This mineral can be used for dispelling grief, fear, anger and attachments. It helps one to attain a deep meditative state. Also is excellent when used for grounding and protection.

This mineral is rusty-metallic and magnetic.

MALACHITE This mineral is excellent for bringing money to the holder of this stone. It is one of the oldest known healing stones as it draws out very powerfully on all levels. It is also used for healing the heart of negative relationship attachments.

This mineral is forest green with darker green stripes running through it.

METEORITE/TEKTITE This mineral is excellent for meditation, it can assist one in connecting with extraterrestrials or past life associations. This stone as its name denotes is from outer space.

This mineral is black with moon-like pot marks.

MOONSTONE This mineral is excellent for protection while traveling it is known as the "Travelers" stone. It is a stone of the feminine, the goddess and brings balance and nurturing energy to the holder. It is also helpful for fertility, and brings new beginnings, calmness and comfort to couples.

This mineral is opaque white to green to orange.

MORGANITE This mineral is an excellent for heart stone, which

facilitates opening and release of pent up emotion, cleansing the heart and preparing it to attract and sustain love in one's life.

This mineral is clear and pink in color.

OBSIDIAN (black & snowflake) This mineral is said to sharpen external and internal vision, and is known to be excellent for dispelling negativity and is used for protection from psychic attack and other negativity.

This mineral is black/or with white snowflakes.

PERIDOT This mineral is excellent for healing. Also this mineral emits a friendly energy, it can be used to cleanse the heart and solar plexus chakras. It provides a shield of protection around the body.

This mineral is translucent green in color.

PETRIFIED WOOD This mineral provides for strength in all areas in ones life, and is a stone for grounding. It provides for access and information concerning past-lives, this action is furthered with meditation with this stone.

Wood grained and stripped and found in a variety of colors from brown to red.

PIETERSITE/TEMPESTSTONE This mineral is excellent for it assists one

in remaining open to experience. It further allows one to see beyond the horizon or mirage, bringing courage, tenacity and effort to create and maintain and keep what is rightfully yours against all odds.

This mineral is blue, brown, dark green, or black and has characteristic storms (shetoyance) in it.

PINK MAGNESIUM CALCITE This mineral is used as an energy amplifier, which helps the mind and body remember information brought to bear during astral travel. Excellent for channeling. Its multi-directional energy distribution separates energy and doubles the intensity. Excellent for studying. It clears and activates the heart chakra. This stone is pink with white lines running through it.

POLISH CITRINE This mineral is an excellent money stone, also known as a shopkeepers stone, this stone is said to bring business if put in the cashbox of a shop or money if carried on your person. Helps clear one's thoughts and allows one to feel cheerful and lighthearted. This stone is a powerful healing stone, which absorbs negativity and never has to be cleansed. This stone is golden yellow and clear.

PYRITE This mineral provides for balancing and equalizing. It helps to match frequencies with others from higher or lower vibrational levels. Grounding stone. Called fools gold. Also can be used for protection.

This stone is gold in color and looks like gold.

QUARTZ LAZER POINT (clear) This is among the most common of crystals, and it is among the most powerful and versatile. This mineral is excellent for amplification, storage, focusing, transfer, and transformation of energy. It can be used to clear, heal, to attract, and to protect. Excellent for 3rd eye.

This mineral is clear and glass-like to opaque white in color.

QUARTZ (clear) This is among the most common of crystals, and it is among the most powerful and versatile. This mineral is excellent for amplification, storage, focusing, transfer, and transformation of energy. It can be used to clear, heal, to attract, and to protect. Excellent for 3rd eye.

This mineral is clear and glass-like to opaque white in color.

RASPBERRY QUARTZ This mineral can be used to synthesize the 7 major chakras, bringing attunement to the higher realms and assisting in clearing and activating these chakras. This mineral is excellent for use in the disorders to the energy system. It can be used to clear and to heal. Excellent for 3rd eye and crown chakras.

This mineral has a raspberry tinge due to the inclusion of Amethyst, Geothite and Lepidocrocite.

RED QUARTZ This is among the most powerful and versatile of crystals. It aides in positive action, and produces an abundance of physical energy, vitality and is excellent for amplification, storage, focusing, transfer, and transformation of energy. It can be used to clear, to heal, to attract, and to protect. Excellent for all

chakras.

This mineral is red to orange color.

RHODOCHROCITE This mineral is excellent for and is known as the stone of love and balance. This mineral helps us to integrate love and sexuality, uniting the 2nd and 4th chakras. Helps one to find unconditional love.

This mineral is pink with white and darker pink circles.

RHODONITE This mineral can balance the yin-yang energy, synthesize the qualities of attunement with the spirituality of the universe. It can help one to attain calm and dispels anxiety. It also has been called the stone of love. It activates and energizes the heart chakra., also excellent for stimulation, clearing and activation of the heart chakra. Also used to facilitate removal of blockages.

This mineral is pink with black spots.

ROSE QUARTZ This mineral is excellent for facilitating emotional clearing and healing. It helps a person to be more receptive to beauty and to feel loved. A lovers stone and is known as the stone of love and balance. Helps one to find unconditional love, and to heal matters of the heart. Great Heart Chakra stone.

This mineral is pink in color.

RUBY This mineral is excellent for stimulating the heart chakra, bringing spiritual wisdom, knowledge and wealth. It is an excellent

shielding stone protecting on all levels. It is said that if you have a ruby, that wealth will not leave you.

This mineral is pink to purple to red in color.

RUTILATED QUARTZ The rutile in the rutilated quartz intensifies the power of the quartz crystal. In addition it affects the etheric and astral bodies, it assists in getting to the root of the problem. Also known as the problem solver crystal. This crystal adds vision to astral travel and helps to stimulate awareness of the connections that we have with the other realms.

Clear with gold, red or silver threads.

SCEPTOR QUARTZ This crystal, and it is among the most powerful and versatile, it can be used as a wand to focus energy as well as to disperse negative thought-forms. This mineral is excellent for amplification, storage, transfer, and transformation of energy. It can be used to clear, heal, to attract, and to protect. Excellent for 3rd eye.

This mineral is clear to opaque in color and has a bulbous head.

SERPENTINE This mineral is useful in the rise of the KUNDALINI. It stimulates an opening where the kundalini can travel and lessens the discomfort. It can be used to clear clouded areas of the chakras.

Excellent stone for meditation.

This stone is light to dark green to whiteish green in color.

SILICA This mineral is excellent for calming and relaxing and reducing emotional upset. It is good for aiding in sleep, transforming negativity grounding and protection. Good also for freeing up your mind to be able to think clearly. It is also a great companion for your computer.

This mineral is metallic silver and light to the touch.

SMOKEY QUARTZ This mineral is said to be excellent for protection from negativity, and is excellent for grounding. It is also used to refine the vibratory energies. It provides for balancing of the yin-yang energy. It can also help with mind balance, energy balance, and attuning the energies requires for spiritual development.

This stone is clear/black in color.

SODALITE This mineral is excellent for use in eliminating confusion, and to bringing out the truth. It provides for access of universal law and stimulation of the throat chakra. Encourages self-esteem. This mineral is dark blue with white and gray and black blotches.

SPECTROLITE/LABRADORITE This mineral is excellent for bringing to consciousness one's dreams or that which is ready to be released from the unconscious. A powerful transformation stone.

This stone is black to gray with yellow or purple-blue shetoyance (looks like flames of color) spotting.

STAR DIOPSIDE This mineral can be used to stimulate the intellect and can provide assistance in mathematical and analytical pursuits. It enhances academic learning and couples the practical side to the sciences and arts. It can be used as a healing stone for those that will not allow themselves to cry.

This mineral is black with a sheen, which sometimes stars like a star sapphire.

STRAWBERRY QUARTZ This mineral is useful for stimulating the energy center of the heart, filling one's total person with the feeling of love. It also balances the physical body with the subtle bodies. This stone is said to have been used in Atlantis and Lemuria in healing ceremonies.

This stone is light pink with white speckles.

SUGILITE This mineral brings realization of the connection between the well-being of the body and the mind. Sugilite is the LOVE STONE OF THE AGES, representing the perfection of the spiritual love of "All that Is" and facilitating the manifestation of the energy on the Earth plane. It eliminates anger, jealousy, prejudice and fear. This mineral is purple to black and purple.

SUNSTONE This mineral has been used to both clear and energize the chakras and bring a feeling of squeaky-clean. It can be used to dissipate fear, and to alleviate stress. It has been used to provide good luck in games. It is thought to bring life and abundance to

those fortunate to carry/wear it. It is also believed to provide protection from destructive forces.

This stone is golden in color.

TIBETAN QUARTZ This mineral is very helpful for relieving tension, and helps to cure eating disorders. This crystal can be used to enhance, amplify, and intensify transformation, releasing self-limitations, disease and disorders. It is also an excellent enhancer and activator of other crystals.

This stone is grayish clear or cloudy almost smokey.

TIGER IRON This mineral provides for balancing and equalizing, it is excellent for deflecting negativity, with these properties it is excellent for protection. It helps to bring clarity and light and is helpful for grounding.

This stone is metallic silver with gold or red or blue blotches.

TIGER EYE This mineral is excellent for protection, grounding and for bringing clarity and light to a situation. It is also used for past life regression protection, and astral travel protection.

This mineral is golden, dark blue or red in color.

TOPAZ (Imperial) This mineral is known as a stone of true love and success in all endeavors. It can promote creativity, while providing for confidence in trusting one's decisions. It replaces negativity with love and joy. It serves as a trigger for manifestation and attraction.

This stone is gold to clear in color.

TORMALATED QUARTZ This mineral is excellent for providing a bridge between spirit and matter, helping to bring balance and protection. It provides humanity with a tool which produces a solving atmosphere. It also can be used to assist on in actualizing strength in relationships and situations. It aides in eliminating destructive patterns and adjusts imbalances. This mineral is clear with black stripes.

TORMALINE This mineral is excellent for providing a bridge between spirit and matter, helping to bring balance. BLACK-deflects negativity for protection. BLUE-Brings peace and calm communication. GREEN-Opens for channeling. PINK-Giver of love, heart healer. This mineral is green, blue, black and pink in color.

TRANSLUCENT HALITE This mineral is an excellent for dissipating the feelings of danger and anger. It assists greatly in meditation, and is excellent for channeling and astral travel. This mineral is pink to white to light orange in color.

TURQUOISE This mineral is an excellent for opening the heart and throat chakras. It connects you to the earth and universal energies. Also it strengthens the ability to give and receive, a stone of balance, protection and love. This mineral is turquoise to greenish turquoise in color.

ULEXITE This mineral provides for a clear path to balance. It helps to stimulate the imagination, enhancing creativity. It stimulates the 3rd eye and assists in the interpretation of visions. It helps one to see the problem so one can be able to fix it.

This crystal is silky white fibrous with an overtone of pale green.

This stone is metallic silver with gold or red or blue blotches.

ZIRCON This mineral is an excellent for and is known as the stone of virtue, it promotes union: physical, emotional mental and spiritual.

It combines 1st, 3rd, and 4th chakras raising them to a higher level of intensity. It symbolizes the unity of "All That Is" and man. It is also symbolic of purity, innocence and constancy.

This mineral is metallic and brown/rusty colored.

Crystals and Tarot Cards

Many people have personal associations between specific Tarot cards and crystals, and several books and tarot traditions also have lists of correspondences.

Some people use Crystals in a form of divination with or like Tarot cards.

They may substitute crystals for the Tarot cards or read the Tarot card for chosen crystals.

You can also use the crystals to enhance or carry the energy and intention of specific Tarot card in healing or other work.

Ursula Markam's "Fortune telling with Crystals & Semiprecious Gemstones" It is out of print and I have not seen copy yet. I cannot offer any particular guidance on using crystals as Tarot cards directly.

Though one way you can use this correspondence is to choose the crystal that most attracts you or another person and consider the qualities and information of the

related Tarot card.

I had used a Tarot, crystal combo in healing work many years ago but my choices were intuitive.

Below are some suggestions from several different writers and other sources.

For healing work and enhancing affirmations, you can charge or infuse or harmonize a clear quartz crystal or an appropriate stone with a specific tarot card energy.

Usually this is done by holding the card and the crystal together, or putting the crystal on the cards and using focused attention intention to request and fix the energy to be carried by the crystal.

Fool - Herkimer Diamond, Lepidolite, Agate, Tourmaline, Turquoise.

Magician - Garnet, Quartz, Tiger Eye, Citrine, Fire Opal, Agate.

High Priestess - Kyanite, Aquamarine, Moonstone, Pearl, Emerald.

Empress - Rose Quartz, Emerald, Carnelian, Peridot, Olivine, Turquoise.

Emperor - Carnelian, Emerald, Ruby, Topaz.

Hierophant - Turquoise, Hematite, Topaz, Carnelian, Lapis.

Lovers - Blue Topaz, Ametrine, Rose Quartz, Alexandrite, Agate.

Chariot - Tiger eye, Leopard Skin Jasper, Amber, Chalcedony, Staurolite.

Strength - Citrine, Cat's Eye, Topaz, Chrysolite, Diamond, Herkimer, Garnet.

Hermit - Peridot, Smoky Quartz, Bloodstone, Sapphire, Blue Tourmaline.

The Wheel - Jade, Lapis, Aventurine, Sapphire, Amethyst, Sardonyx, Black Opal.

Justice - Petrified wood, Bloodstone, Emerald, Coral, Jade, Carnelian.

Hanged Man - Iolite, Ametrine, Beryl, Aquamarine, Green Calcite.

Death - Apache Tears, Black Tourmaline, Snake stone, Bloodstone, Amber.

Temperance - Amethyst, Kunzite, Jacinth, Amethyst, Sardonyx.

Devil - Hematite, Black Tourmaline, Black Onyx, Black Diamond, Obsidian, Square black stones, Jet, Hematite.

Tower - Obsidian, Chrysocolla, Garnet, Ruby, Lodestone, Volcanic rocks.

Star - Moldavite, Sugulite, Tektite, Turquoise, Rock crystal, Meteorite, Any star stones.

Moon - Moonstone, Labradorite, Pyrite, Milk Opal, Pearl.

Sun - Amber, Golden Tigers eye, Diamond, Heliotrope, Tiger's Eye, Sun stone.

Judgment - Malachite, Hawkseye, Fluorite, Fire Opal, Fossils.

World - Larimar, Unakite, Opal, Onyx, Jet, Lapis Lazuli, Black Pearl, Kunzite, Unakite.

Crystals and Sinusitis

Chronic sinusitis is a special kind of sinusitis in cases that last a long time, sometimes even after antibiotics are given. It's the most frequently reported chronic disease. Acute sinusitis is when bacteria invade the sinus cavities and impair proper drainage of mucus from the sinuses to the nose. Investigate your sinusitis. It could be food related, environmental, or reactions due to chemicals or certain fragrances.

Medical science believes the sinuses around your nose act like small air-quality control centers. It's their job to warm, moisten, purify, and generally condition the air you breathe before it hits your lungs. Entering bacteria gets trapped and filtered out by mucus and minute nasal hairs called cilia. This air-flow system can sometimes slow down when something impedes the cilia, if a cold clogs the sinus openings, or if an allergen swells the sinus linings.

Then air gets trapped, pressure builds, the mucus stagnates, and bacteria breed. Infection sets in and you have sinusitis. When you get clogged up, you may end up with a permanent thickening of the sinus

membranes and chronic congestion. Those who are cigarette smokers and people who suffer from upper respiratory allergies are even more likely to develop bad sinus problems.

There are four pairs of sinuses in the human skull that help circulate moist air throughout the nasal passages. The common cold is the most prevalent predisposing factor to sinusitis. Acute sinusitis typically causes symptoms of nasal congestion and a thick yellow or green discharge. Other symptoms include tenderness and pain over the sinuses, frontal headaches, and sometimes chills, fever, and pressure in the area of the sinuses.

Chronic sinusitis differs slightly, in that symptoms can be milder and may only include postnasal drip, bad breath, and an irritating dry cough. Hay fever, environmental triggers unrelated to hay fever, food allergens, and dental infections can also lead to sinusitis.

Crystals recommended for sinusitis are:

Rhodochrosite:

Solid to clear pink. Gentle, yet probably the most vibrant loving stone to heal the Heart Chakra, especially for giving/receiving love. "Stone of Love and Balance". Also for loneliness, loss, heartache, fear, insecurities, inner-child issues, abuse, incest...Helps self-forgiveness, deservingness and trust issues, spiritual-and self-love, desire to live, purpose. Best worn 24 hrs. a day.

Electromagnetic. Stronger than Rose Qtz. Solar plexus, stomach

(anxiety), food addictions, anorexia, asthma, sinusitis, eyesight (especially emotional not-seeing, to avoid pain). thymus. Open the hand healing Chakras. Specialized uses to detox/heal blood, liver, cancer. Works in the bathtub to de-stress the body. A fairly recent discovery in the mineral kingdom. Comes in shades of orange and pink. Has stripes of various width in shades of white. Most comes from the US or USSR. A very beneficial stone for those with asthma or other respiratory illnesses. Helps you filter out the irritants that trigger respiratory difficulty. Also purifies the circulatory system and the cleansing organs, especially the kidneys. Helps you alleviate irrational fears and paranoia. Will enhance the dream state. Suggested to be used in conjunction with Malachite or Copper.

Smithsonite:

Light blue, pink, or lavender fuzzy bubbles. Harmonizes and aligns Heart, Throat, and Brow Chakra for smoother communications, leadership, perceptiveness and depth in relationships, and expansion into new areas. Meditation clarity, and receptiveness. Insight via dreams, dream recall. Versatile; Historically works well in many areas, especially Throat Chakra, nose, lymph, immunity; tissue elasticity. Chakra corresponds with stone color. Suggested for security and a balanced life. Also helps you deal with difficult relationships.

CRYSTAL REMEDY REFERENCE

This is a quick reference to match ailments with crystals. Please note any warning and safety issues regarding their use.

ABDOMEN- smoky quartz

ABSENT-MINDEDNESS- carnelian

ACNE- amethyst

ADDICTIONS- amethyst

AIR PURIFIER- quartz crystal

AIR TRAVEL STRESS- hematite

ANEMIA- coral, garnet, kunzite, ruby, tourmaline

ANGER- blue-lace agate, chrysoprase, moss-agate

ANXIETY- smithsonite, howlite

APPENDIX- chrysolite

ARTHRITIS- azurite, carnelian, ruby

ARTISTIC GROWTH- blue topaz

ASTHMA- malachite, rutilated quartz, tiger's eye

ASTRAL PROJECTION- angelite, hematite

AURA CLEANSER- lapis lazuli

AUTISM- sugilite, moldavite

AWARENESS- green calcite, orange calcite, celestite

BACK PROBLEMS- petrified wood

BLADDER TROUBLE- amber, coral, jade, jasper

BLOOD CIRCULATION (poor)- citrine, magnetite, ruby, yellow topaz

BLOOD DISEASE- amethyst, chrysolite, jasper, ruby

BLOOD PRESSURE- aventurine, blue sodalite, black or green tourmaline

BONE MARROW- amber, chalcedony

BRONCHITIS- rutilated quartz

BURNS- chrysoprase

CALMS BODY- agate, celestite, yellow topaz, blue topaz

CALMS MIND- agate, amazonite, amethyst, smithsonite, blue topaz

CERVIX- zoisite

CHAKRAS BALANCED- bloodstone, quartz crystal

CHAKRAS OPENED- fluorite, kyanite, quartz crystal

CHEERFULNESS- conicalite, ruby, tourmaline

CLAIRVOYANCE- chrysoprase

COLDS & FLU- yellow topaz

COLIC- coral

COMFORT- gold calcite, diopase

COMMUNICATION- aqua aura, lapis, aquamarine, angelite

COMPASSION- chrysoprase

CONCENTRATION- blue topaz

CONFIDENCE, SELF- agate, aventurine, bloodstone, orange calcite,
diamond, garnet, rhodonite, tiger's eye

CONVULSIONS- amber, amethyst, carnelian, lapis lazuli, moldavite,
quartz
crystal

CREATIVITY- amethyst, aventurine, chalcedony, howlite, ruby

DEPRESSION- bloodstone, gold calcite, carnelian, chalcopryrite,
citrine,

smoky quartz, diamond, chrysoprase, garnet, galena, howlite, jasper,
jet, lapis lazuli

DIABETES- citrine

DIARRHEA- quartz crystal

DIGESTION- howlite, yellow jade, jasper, peridot

DIRECTION IN LIFE- citrine

DIZZINESS- quartz crystal

DOUBT- staurolite

DREAM INDUCER- citrine, garnet

DREAMS, INTUITIVE- amethyst, jade

DRUNKENNESS- amethyst

EAR (Inner)- rhodonite

EARACHE- amber

ELOQUENCE- agate, amazonite, blue-lace agate, turquoise

EMOTIONS (bad)- peridot

EMOTIONS (blocked)- kunzite, blue tourmaline

EMOTIONS (calms)- moonstone, rose quartz

EMOTIONS (erratic)- herderite, selenite

ENDOCRINE SYSTEM- magnetite

ENDURANCE- sodalite

ENERGY- garnet, hematite, kyanite, rhodonite, ruby

ENERGY, BALANCED- larimar

ENERGY (Physical)- petrified wood

EYES- amethyst, aquamarine, aventurine, optical calcite, jade, jet,

lapis lazuli, lazurite, obsidian snowflake, peridot, rhodochrosite

EYESIGHT- malachite

FAITH- sapphire

FALLOPIAN TUBES- chrysoprase

FEAR (banishes)- agate, green calcite, charoite, diamond, jet

FERTILITY- carnelian, zoisite

FEVER (reduction)- agate, chrysoprase, peridot, ruby

FORGIVENESS- rhodochrosite

FRIENDSHIP- lapis lazuli, moonstone, rose quartz, sapphire,

tourmaline,

turquoise

FRUSTRATION- howlite, moss-agate

GALL BLADDER- orange calcite

GLANDS- aquamarine

GRIEF- amethyst

GROUNDING- apache tear, carnelian, fluorite, hematite, morion
crystal,

snowflake obsidian, smoky quartz, tourmaline, unakite

HEMORRHAGE- quartz crystal, sapphire

HAPPINESS- malachite

HEADACHES- quartz crystal, rose quartz

HEALING (general)- agate, amethyst, azurite, boji stone, gold
calcite,

diopase, fluorite, kunzite, quartz crystal

HEARING- agate, rhodonite

HEART- aqua-aura, beryl, blue quartz, chalcedony, hematite, lapis
lazuli, onyx

HIP- petrified wood

HOSTILITY (fear of)- grossularite

HUMILITY- chrysoprase

HYPERTENSION- apatite, aventurine

HYPOCHONDRIA- quartz crystal, tiger's eye

IDEALISM- bloodstone

IMAGINATION- galena, garnet, rose quartz, sapphire

IMMUNE SYSTEM- snow quartz

IMPOTENCE- carnelian

INFECTION (protection)- garnet, pearl

INFERTILITY- carnelian

INFLAMMATION- blue-lace agate

INSIGHT INTO SELF- tiger's eye

INSOMNIA- amethyst, aventurine, emerald, hematite, jacinth, peridot,

sapphire, blue sodalite, yellow topaz, zircon

INSPIRATION- tourmaline

INTELLECT- emerald, rose quartz, yellow topaz

INTESTINAL DISORDERS- amber

INTUITIVE AWARENESS- amethyst, green calcite, ruby, turquoise

JOINTS (pain in)- azurite

KIDNEYS- anhydrite, bloodstone, green calcite, jade, rhodochrosite,
quartz crystal, smoky quartz

KINDNESS- chrysoprase

KNOWLEDGE OF SELF- citrine, watermelon/pink tourmaline

LARYNGITIS- turquoise

LARYNX- morganite

LEADERSHIP- blue topaz

LIVER- aquamarine, beryl, bloodstone, lazurite, yellow topaz, zircon

LOGIC- sodalite

LONG LIFE- moonstone

LOVE- diopase, emerald, garnet, moonstone, opal, rhodochrosite, rose
quartz, sapphire

LOYALTY- kyanite, moonstone

LUCK- smoky quartz, tiger's eye

LYMPH GLANDS- tourmaline

MEDITATION- amethyst, apache tear, aqua-aura, azurite, chrysoprase,
kunzite, magnetite, quartz crystal, selenite, snow quartz,
tourmaline,
turquoise

MEMORY- howlite

MENSTRUATION- carnelian, chrysoprase, malachite, moonstone, ruby

MENTAL BREAKDOWN- rhodochrosite, smithsonite

MENTAL CLEANSER- lapis lazuli, malachite

MENTAL DISORDERS- beryl, bloodstone

MENTAL POWER- selenite

METABOLISM, GROWTH- amazonite

MIGRAINE- aventurine, jet, rose quartz

MIND (troubled)- jasper

MISCARRIAGE- chrysoprase

MISFORTUNE- tourmaline

MOTOR RESPONSES- apatite

MOUTH- beryl

NECK STRAIN- chrysoprase

NEGATIVE VIBRATIONS- amethyst, chrysocolla, dolomite, fluorite,
snowflake obsidian, peridot, quartz crystal, smoky quartz, black or
green tourmaline

NERVOUSNESS- sapphire, turquoise

NERVOUS SYSTEM- atacamite, alexandrite, amazonite, amber, aquamarine,
chrysocolla, chrysoprase, galena, jasper, morganite, peridot, yellow
topaz, black or green tourmaline

NEURALGIA- amethyst, aquamarine, carnelian

OCCULT POWERS- peridot

OPTIMISM- chalcedony

OVARIES- anhydrite, atacamite, chrysoprase, smoky quartz

PAIN - EASES- quartz crystal, ruby

PANCREAS- alexandrite, green calcite, herderite, rhodochrosite,
smoky
quartz

PAST-LIFE RECALL- garnet, kyanite, petrified wood, quartz crystal,
selenite

PATIENCE - chrysoprase

PEACE- chrysoprase, larimer, rose quartz, blue tourmaline

PEACE OF MIND- sapphire

PINEAL GLAND- lazulite, sugilite

PITUITARY- sugilite

PNEUMONIA- fluorite

PROPHECY- emerald

PROSTATE- chrysoprase

PROTECTION- sardonyx, turquoise

PSYCHIC DEVELOPMENT- azurite, howlite, lapis lazuli, opal, yellow
topaz,

blue topaz

PSYCHO-SOMATIC PAIN- bloodstone, tiger's eye

PULSE (rapid)- hematite

PULSE (steady)- jasper

PURIFIER- smoky quartz

RHEUMATISM- amber, carnelian, malachite, ruby

RIGID MIND- sodalite

SCHIZOPHRENIA- larimar, lepidolite

SELF-CONFIDENCE- galena, ruby

SELF-CONTROL- sardonyx

SELF-LOVE- rose quartz

SELF-WORTH (lack of)- crocidolite

SEX IMPROVED- smoky quartz

SHOULDER STRAIN- chrysoprase

SHYNESS- lepidolite

SKIN DISEASES- garnet

SORROW EASED- chrysoprase

SPASMS- ruby

SPINE-DEGENERATIVE- abalone

SPIRITUAL CLEANSER- lapis lazuli

SPIRITUAL GIFTS- quartz crystal, blue topaz

SPLEEN (strengthens)- albite, alexandrite, bloodstone, green calcite, chalcedony, herderite, lapis lazuli, rhodochrosite

STAR SOURCES- moldavite

STAMMERING- apatite, blue tourmaline

STOMACH- aquamarine, beryl, chrysocolla, citrine, jasper

STOMACH ULCERS- chrysocolla

STRESS- amethyst, blue-lace agate, herkimer diamond, yellow topaz

STROKE- lapis lazuli

STUPIDITY- beryl

TALENT- bloodstone

TEETH- aquamarine, fluorite

TENSION- (emotional) amethyst, blue-lace agate, celestite, diopase, tiger's eye

TENSION (muscular)- smithsonite

TESTICLES- alexandrite, atacamite, chrysoprase, smoky quartz, zoisite

THINKING- (improve) amazonite, tiger's eye

THOUGHT (clear)- aquamarine, carnelian, celestite

THROAT (chakra opened)- blue-lace agate

THROAT INFECTIONS- amber, aqua-aura, aquamarine, beryl, blue-lace agate,

larimar, blue topaz

THYMUS (strengthens)- albite, aqua-aura, blue quartz

THYROID- atacamite, galena, chrysoprase, morganite, blue tourmaline

TOLERANCE- chrysoprase

TONIC - GENERAL- garnet, peridot

TOOTHACHE- aquamarine, malachite

TRAUMA- aqua-aura, aventurine, rhodochrosite, rhodonite, rose quartz

ULCERS- agate

VARICOSE VEINS- yellow topaz

VENEREAL DISEASES- atacamite

VIRAL INFECTIONS- fluorite

VISUALIZATIONS- selenite

VITALITY (improving)- agate, aventurine, bloodstone, orange calcite,
diamond

VITAMIN ABSORPTION- rhodonite

VOCAL PROBLEMS- chrysoprase

VOICE STRENGTHENED- carnelian

WHOOPING COUGH- coral

WILL POWER- chrysoprase, rutilated quartz, tiger's eye

WISDOM- jade, lapis lazuli, ruby, turquoise

WOUNDS- carnelian

Crystal Healing Techniques for Pets and Animals

Place Amethyst, or Rose Quartz or other crystals, underneath your pet-friend's bed or pillow for up to two weeks. Be cautious of sharp edges and position the stones to be comfortable and safe for your pet. If the crystal energy is too intense, your pet will be agitated and may not want to rest in their bed. If your pet likes the crystals, you will see an improvement in their health within a few days.

Hold the crystal in your hand, and starting a few inches away from the affected part or injured area, rotate the crystal clock-wise. Take your time, go slow, breath gently and evenly. Animals express their emotions with movement, so watch if your pet wants more or tries to move away.

Get a small pouch that can attach to a collar and place up to three crystals inside. If you put too many crystals in, your pet may feel disoriented. Be careful that the pouch does not interfere with movement or cause it to be caught on anything.

Warm up crystals in the sun before your healing session. The sun gives masculine, active yang energy to the crystals. Apply the warm crystals to injured areas. If you are using an ice bag to reduce swellings, try a few tumbled Smokey Quartz with the

ice to help unblock over-active or inflamed areas.

Add a Rose Quartz or Amethyst to your pet-friend's water bowl or bucket. The crystal will leave its energy signature in the water and, when ingested, the energy will go where it is most needed.

The following is a selection of generally available crystals and gemstones and their associated physical healing focus. Contact me if you have difficulty getting them and would like to mail-order them from me.

Fifteen Healing Crystals for Pets and Animals

AMETHYST - Master Healer – Used for Everything. Pain, Disorientation, Head area

BLACK ONYX - Bowels, Parasites, Protection

CALCITE - Skeletal

CARNELIAN - Skin

CLEAR QUARTZ - Master Healer - Effective for All Conditions

CORAL - Kidneys, Bladder

FLUORITE - (blue) Bones, (blue/green or clear) Respiration, (green) Blood Purification or Lymphs, (green/yellow) Digestion

GARNET - Reproductive System

HEMATITE - Muscular System

KYANITE - Alignment of all Chakras, Tendons, or Bones

MALACHITE (**DO NOT PERMIT YOUR PET OR ANIMAL TO EAT THIS STONE!! Malachite has very high levels of copper and can lead to serious or fatal blood poisoning even if small amounts are swallowed. FOR EXTERNAL USE ONLY.) - Used for Heart Problems, Liver Detoxification.

ROSE QUARTZ - Injuries, Wounds, Reduces Stress

SMOKEY QUARTZ - Nervous System, Swellings

SODALITE - Calming, Nervousness, Good for Settling Down During Travel

SUGILITE - Death and Dying (see my next article for dealing with a dying pet)

TURQUOISE - Master Healer – Used for Everything. Protection

Contact me if you feel you would benefit from a personal consultation or for further information about certified Crystal Healing Workshops in the Toronto Area.

By Karen Ryan 1999

Crystal cleansing

Because crystals absorb energy, both positive and negative, from time to time they will all require cleansing. There is nothing mysterious in that fact. We just need to find out the best way that's all.

To cleanse my own crystals I use a mixture of Sunlight, Moonlight and a herb called Sage. Simply follow your own instinct and choose your own method. You can start by holding your crystals under running water, shake dry and place in Sunlight for a day or Moonlight for a night. Sage is also excellent to use. I have a crystal ball stand that has room for a charcoal bloc underneath it. I light the charcoal and sprinkle dried sage on it for about a minute, as I turn the ball.. The smoke will smudge the crystal ball and clear the energy inside. Simply place under running water and allow to dry naturally and that's it.

Clear Away the Old With Crystals

Ah, the new year is upon us, ripe with potential and undiluted convictions.

It's the quintessential time to let go of old, self-inhibiting modes of behavior, thinking, feeling, and to bring in new self-empowering ways of being with the help of crystals.

There are many aspects of our lives which we would like to improve, but we just can't muster up the willpower. In your time of need, a crystal can come to your aid. you can program a crystal to help you lose weight stop smoking

or overcome any negative attitudes about yourself.

For example, you want to stop eating chocolate but just can't. You know you should stop for health reasons but you don't have the will power. Try programming a crystal by telling it something like, "I have completely lost any desire for chocolate." Wear the crystal around your neck or keep it in a pocket. Whenever you want chocolate, touch your crystal and feel the urge dissipate.

To get the most out of your crystal, you need to get the right crystal in the first place. Pick a crystal by attraction, by being drawn to touch it, and then hold it loosely in your left hand. Notice the impressions, colors, sounds, and feelings you pick up. No two crystals are the same. Each crystal has its own unique vibration, and each will resonate differently. It should feel alive in your hand, vibrate, or radiate. In other words, it should feel good.

Before you use your crystals cleanse it. The easiest way to clean your crystal is to hold it in the bright sunlight and order it to be completely cleansed. when, program it with your desired goal. Now, you're ready to enjoy your crystal!

>

> Cleansing Your Magickal Stones

> Copyright © 1988 by Scott Cunningham.

>

> Stones are subject to a wide range of energies before they arrive in your
> home. Prior to using them in magic, many practitioners perform a cleansing or
> purification on the stones.

>

> This is a simple process which removes any past influences from the stone,
> readying it for our uses. It is advisable to do this for each stone. The only
> exceptions are those which you yourself have collected unless you found them
> near a military institution, a highway or polluted ground.

>

> There are a number of methods of stone purification. The simplest is to place
> the stones in full sunlight for a day, three days, or even a week. The Sun's
> rays do the work here, burning away the unnecessary energies.

>

> Place the stones in direct sunlight. An inside window ledge isn't as good as
> an outdoor location because window glass blocks some of the Sun's rays. Remove
> the stones each day at dusk.

>

> Some stones will be 'clear' after a day's soaking up the rays. Others will
> need longer periods of time. Check the stones daily and sense the energies
> within them by placing them in your receptive hand. If the vibrations are regular,
> healthy, the cleansing has been successful.

>

> A second method is somewhat more difficult. In this case, running water is
> the tool. Place the stones in moving water and leave them there for a day or
> two.

>

> If you happen to have a river or stream running near your property, this is
> ideal. Place the stones in a net bag or devise some other method to ensure that
> they don't wash away in the water. Leave them overnight in the water, which
> gently washes away the impurities.
>
> The third main technique is governed by the powers of the Earth. Bury the
> stone in the ground for a week or so, then check to see if it has been purified.
> If it has, wash or wipe it off and your magic can begin.
>
> These are all natural purifications, performed with the energies of the
> elements. If you can't do them, however, there is another method, a ritual of
> purification, which can be performed in your own home. Perform this rite on your
> altar, if you have one, or on any table. It is best done at sunrise or during
> the day.
>
> Fill a basin with pure water and place this to the West on the table.
>
> Next, light a red candle and set this to the South. Light some incense and
> place this to the East.
>
> Finally, place a dish or flowerpot filled with freshly dug earth to the North
> on the altar. In between all these objects set the stone to be purified.
>
> When all is readied, still your mind and pick up the stone in your projective
> hand. Turn your attention toward the bowl of earth. Place the stone on it and
> cover with fresh earth. Say something to the effect of:
> I purify you with Earth!
> Leave the stone there for a few minutes, all the while visualizing the earth
> absorbing the stone's impurities.

>

> Then remove it, dust it clean, and hold it in the incense smoke. Pass it nine
> times through the smoke, from the right to the left, saying words like these:

> I purify you with Air!

> See the smoke wafting away the disturbing energies.

>

> Next, quickly pass the stone through the candle's flame several times,

> saying:

> I purify you with Fire!

> The fire burns away all negativity.

>

> Now place the stone in the water and say this or your own words:

> I purify you with Water!

> Visualize the water washing it clean.

>

> Leave the stone in the water for a time, then dry it with a clean cloth and

> hold it in your receptive hand.

>

> Is the stone 'clean'? If not, repeat this simple ritual as many times as

> necessary, until you are sure it has done its work.

>

> Afterward, store the stone in a special place. It is ready for use in magic.

>

Choosing your gemstones

I have found that if one is drawn to a particular gemstone, it is because it is needed at that particular time. I believe that when a gemstone finds its way to a person, via a crystal shop, as a gift, or directly from the ground, it is responding to a "call" from that person, either consciously or subconsciously. When choosing gemstones, it is always best to go with your instincts. We are all intuitive; we know when something

just feels 'right'. We can use this intuition when choosing a stone or crystal.

There are several ways to choose a gemstone that is right for you. One way is to go into a shop and wander around a bit. Let yourself be guided to a group of stones. If you are not drawn to one right away, close your eyes and affirm to yourself that your stone will present itself. Clear intent will always help in focusing the energy. Open your eyes and pick up the first stone that you see. Or, keeping your eyes closed, hold out your receiving hand (usually the left if the person is right-handed, right if the person is left-handed). Allow your hand to skim over the stones. When you feel a change in sensation in your hand, such as heat, tingling, a ticklish feeling, pick up the stone. That is the one for you.

Those familiar with dowsing know that a pendulum can come in very handy when choosing a stone! I would suggest any method that you find works best for you.

I find that gemstones almost always find me; I have always had a very strong reaction to the gemstones that I work with and care for. I believe that each stone has its own energy, its own personality. They do not belong to us; we are simply caretakers; sometimes for a lifetime, and sometimes for only a short while. I became quite upset once when a beautiful quartz point pendant that I had become very attached to suddenly disappeared one night. I searched and searched the area where I was sure I had "lost" it, but to no avail. It was then that I realized someone else must have picked it up; the crystal had moved on to its new caretaker.

One beautiful malachite/azurite pendant found its way to me via my Brother-In-Law. He showed me the pendant, saying that he really didn't know why he bought it. He knew that it wasn't meant for him, but he still felt compelled to pick it up. When I first saw it, I got the chills; my whole being cried out "Yes! This is for me!" That particular pendant stayed with me for several years before moving on to its new caretaker.

I have an obsidian sphere in my care which has been with me for 9 years. When I saw him in the rock shop, I was not looking for a particular stone. However, when I approached the shelf on which he sat with other obsidian spheres, there was no contest. He literally spoke to me. I felt a very strong surge of emotion as I approached him. He simply said, "I belong with you". I knew that there was a strong bond between us, unlike any I have before or since experienced with a stone. Unfortunately, at the time I could not afford to buy him.

The Holidays rolled around, and what did I receive from my In-Laws? My obsidian sphere. They had chosen the same one that I had felt such a connection with. My Mother-In-Law said that they were in the same shop one day, and while looking at the obsidian spheres, she simply knew. She said "This is Melissa's obsidian", and

bought him for me. The Universe always finds a way. After many years and many mediations with my obsidian friend, I have discovered some wonderful insights.

Have fun with this process! Come up with new ways of finding stones. There is no right or wrong way; attraction is the key. If you are drawn or attracted to the stone, there is a reason.

Choosing a stone for a particular purpose

When choosing stones for a particular purpose, you can use the same methods as those above. When choosing a stone for another person, simply visualize that person in your mind's eye as you look over the stones. You don't have to be physically present with the stones while doing this. Pictures of gemstones will suffice. If you have a photograph available of the person you are searching for, this is also very helpful. You will know it when you find the stone that is right for the person. Always go with your instinct. Try to keep the 'logical' mind out of these processes as much as possible.

When searching for a stone for healing, meditation, or manifestation, again affirm to yourself what it is you wish to use the stone for. I really enjoy visualization, so when I am searching for a healing stone, for instance, I try to picture myself in a healing session with a client, or practicing a distance healing. The more clearly focused the intent, the more sure you will be of the outcome of your search; I also feel this speeds up the process. The same process may be utilized for a meditation crystal or gemstone, or a manifestation stone.

When working with gemstones and crystals, I feel that it is always better to use them for specific purposes. For instance, use your meditation stones only for meditation; healing stones only for healing, etc. The energies surrounding these activities are very different from one another. Also, when a stone is used over and over again for the same purpose, the energy builds up, making it more powerful over time.

Charging your stones

Place your stones in sunlight and/or moonlight. The sun and moon have very

different energies; your stones may respond better when charged under one or the other; some like both. I find that the best thing to do is ask the stone! If you tune in, it will tell you not only how to charge it, but when and how long. To begin with, however, you may just want to leave it in one or the other for about an hour. The energy around the full moon, new moon, the solstices and the equinoxes are especially good times for charging your stones. The energy is much more powerful at these times. Also, consider what you are using the particular stone for. For example, some uses, such as meditation, or some magickal practices may be enhanced with stones or crystals charged under the light of the moon. Manifestation stones may be enhanced when charged with sunlight.

You will probably wish to charge your stones periodically; again, allow your intuition to 'feel' the energy level of your stones. Hold them in your hands, dowse them, or simply ask. In all cases, you will receive an answer

Charging Your Crystals

Source unknown

Charging your crystals is in some ways the opposite of clearing them.

When you clear a crystal you are removing any unwanted vibrations.

For example, when you first get a crystal you may want to clear it of any energy it picked up on its way to you. If you've been doing a lot of emotional healing and releasing with your crystals you'll also want to clear them because crystals may absorb the energy you've released.

Crystals should be periodically cleared even if you haven't been using them for meditation or healing work, if only because they do get dusty. (This is sometimes called cleaning).

When you charge crystals you're basically giving them the chance to refresh their ability to focus and expand their energy. There are several reasons to do this.

1. Sometimes after you've cleared a crystal its energy may seem a little dull or flat.

2. A crystal which hasn't been worked with for a while may also feel this way.
3. If you notice that a crystal has become cloudy you may want to both clear and activate it.
4. If you want to program a crystal for a special purpose, before you program it you may want to activate its energy for that purpose.

Charging Methods

1. Place crystals in the reflected light of Austrian crystals, i.e., where the rainbows from such crystals fall. (Note: Austrian crystals are leaded glass, hence human-made crystals). The crystals can remain in place for as long as the Austrian crystals are reflecting sunlight.

2. Place crystals on a quartz cluster. Quartz amplifies the energy of any crystal with which it is in contact.

3. Crystals can also be activated with sound.

a. Put a crystal near a single-note chime and strike the chime gently several times.

This has a harmonizing effect on the crystal.

b. If you like to chant and make it a regular practice do so in the presence of your crystals, especially if you want to use them as part of your meditational practice.

4. Your thoughts can have an activating or de-activating effect on crystals. If your thoughts have been gloomy and you've also been noticing that your crystals have gotten cloudy or dull, you'll realize that they've been absorbing your negativity. In this case do not delay in clearing them thoroughly.

To activate crystals with your thoughts you could hold them in your hands and visualize them bathed in light and love. You can also tell them (either silently or aloud) how much you appreciate them. They may not understand the words (and, then again, they may), but your intention will be clearly transmitted.

Reiki Charging

If you are a Reiki I practitioner you can charge your crystals with Reiki energy by holding them in your hands and activating this energy within you in whatever ways your Reiki Master may have taught you how to do this. One method is to say "Reiki on." Another is to give yourself or someone else a Reiki treatment before charging your crystals.

If you are a Reiki II practitioner you can draw the symbols over your crystals.

- a. For simple charging you can draw the energy symbol over a crystal.
- b. When I want to use a crystal to help clear up some mental and/or emotional confusion I hold it in one hand and draw the mental/emotional balance symbol over it.
- c. When I plan to program a crystal for a goal I draw the distant healing symbol over it, and sometimes the others afterwards.
- d. I have experienced that the master attunement symbol on the other symbols to that of a quartz crystal on other crystals. Thus, you can activate the symbols (and your crystals) with this symbol if you're a Reiki Master.

Special-Purpose Activation

1. You may want to charge the land you live on with crystalline energy by burying crystals in the earth. (Be sure you note or write down where you buried them. A map would be a good idea.)

Some people like to program crystals, then bury them in their gardens to help in an abundant crop. If you'd like to charge your crystals in preparation for this you can bury them in dried flowers. (If you are using potpourri make sure that it isn't artificially scented.)

At any time of year (providing the ground isn't frozen) you can bury one near a tree. This could either be a tree which is your favorite, or one associated with a particular positive value.

Oaks symbolize strength, junipers purification, and pine trees in a number of cultures are associated with healing.

2. Sunlight/Moonlight

a. You can also get particular results when you place a crystal in sunlight. This is one of the most powerful ways to charge your crystal with active energy, i.e., energy which will help you to manifest what you want.

This is useful if you want to create an increase in some area of your life, such as increased vitality, income, love. Put the crystal out in the sun, then program it for your intention.

There are particular times in the solar cycle which have special energies. The fall equinox is associated with harvest, and you might want to charge a crystal at this time for the fulfillment of your dreams. The spring equinox relates to growth.

b. In general, moonlight has two phases, waxing and waning, and two other times of significance: the full moon and the dark of the moon. The energy of the waxing moon relates to new beginnings. The full moon corresponds to abundance in all areas of life. The waning moon connects to decrease (decrease of an illness, of debt, of negativity); while a crystal charged in the dark of the moon would be helpful for meditation or any other kind of inner work.

Crystals and Pyramids

Pyramids generate negative ions. In addition, they are believed to have a generally balancing effect on the electromagnetic field of the body. This effect is enhanced by the particular materials used, such as pure 24K gold and copper.

Pyramids are often used to charge crystals. This is a popular use for pyramids. It is generally believed that quartz crystals are most effective for this use, as they may hold the charge for several weeks. These crystals can then be used for healing purposes or for programming. Pyramid charging, however, is good for any crystal which seems to need it.

Have you ever wondered about the power of crystals? Did you know that crystals have the metaphysical power of healing? Using certain crystal methods, crystal

healing can help a number of physical problems. This metaphysical healing relies on the innate powers of healing crystals. For example, rose quartz is great for emotional healing, amethyst crystals for headaches, malachite for the stomach, lapis for anxiety, and jade for the heart...just to name a few. So enjoy Space Magic's metaphysics site, and learn how to use crystals to cure your ailments.

ALL ABOUT CRYSTALS & HEALING

From as far back as the days of the legendary lost city of Atlantis, through the ancient Mayan and Hebrew civilizations, and including Far Eastern and Native American cultures, crystals and gemstones have been used both in spiritual rituals and as aids to physical healing.

Today the practice of using stones and crystals continues. Not only with the aboriginal shamans of Australia who use stones to commune with spirits, but with ordinary people across the world who claim extraordinary results.

How do crystals work? No one seems to know for sure. Tales tell that they were first used in Atlantis. Crystals became important to the people of that civilization who believed in their capacity to store and amplify any power source fed into them - physical, mental, emotional, or spiritual. Practitioners of modern-day crystal therapy believe that the stones' ability to work as conductors allow them to focus energy via a person's thoughts to stimulate healing - both physical and non-physical.

However, in addition to medical controversy as to their efficacy, the use of crystals for healing is not an exact science. There is plenty of information available to describe which crystals and gemstones are good for treating certain ailments or for the prevention of certain conditions. The problem is that much of it appears contradictory.

Still, thousands of people world-wide swear by the use of crystals for a variety of mental, emotional, and physical problems. There are numerous claims that they aid such in diverse areas as harmonious relationships, allergies, and spiritual awakening.

Crystals are used in meditation and spiritual ceremonies, laid on the body during types of massage or bodywork, when a person is resting, or placed in drinking or bathing waters. It is claimed that an odd number of facets on the stone aid in healing, while an even number of facets create the best energizers. Red, yellow, and orange stones are said to produce energy, clear and aquamarine stones are healers, and lavender and blue-violet stones create calming effects.

Here is a list of commonly known crystals and their reputed benefits. Please note that this information is not intended to replace any licensed medical or psychological treatment. No guarantee is made towards validity, and the use of any crystals for the claims listed below is at your own risk.

Amethyst: Headaches, eyes, scalp, hair, pituitary gland, balancing blood sugar. Psychic abilities, imagery. Purify and transmute negativity. Reduce anger, impatience, and nightmares. Spiritually uplifting.

Aquamarine: Heart, immune system, thymus, lymph nodes. Calming, uplifting, flexibility, innocence, joy, creativity, communication, self-knowledge, confidence, purpose. Releasing anxiety, fear, and restlessness.

Carnelian: Circulatory system, kidneys, stimulate appetite, emotions, sexuality, physical energy, celebration, reproductive system, menstrual cramps, arthritis, kidneys, gall bladder, pancreas. Confidence, assertiveness, drive.

Citrine: Acid indigestion, food disorders, allergies. Cleansing spleen, kidneys, liver, urinary system, intestines. Mental and emotional clarity, problem-solving, memory, willpower, optimism, confidence, self-discipline. Reducing anxiety, fear, and depression.

Coral: Muscles, blood, heart, reproductive system, thyroid, metabolism, spine, bone and tissue regeneration. Not to be used with high blood pressure. Protect and strengthen emotional foundation and enliven emotions.

Diamond: Increase personal clarity, trust, confidence. Amplify thoughts, attitudes, strengths and weaknesses: Prosperity, generosity, love, spirituality.

Emerald: Respiratory system, heart, lymph nodes, blood, thymus, balance blood sugar, childbirth, eyesight. Strengthen heart chakra for abundance, growth, peace, harmony, patience, love, monogamy, honesty. Lift depression and insomnia.

Jade: Heart, thymus, immune, kidney and cleansing blood, nervous system. Courage, knowledge, justice, compassion, emotional balance, humility, generosity, harmony, wealth, longevity.

Lapis: Anxiety, restlessness, insomnia, shyness, nervous system, speech, hearing, pituitary, inflammation, pain. Mind expansion, intuition, creativity, spiritual connection. Organize, quiet the mind.

Malachite: Stomach, liver, kidney stones, respiratory system, immune system, vision, circulatory system. Release pain, inflammation, depression, anger. Stimulate psychic vision, concentration.

Rose Quartz: Emotional balance, love, beauty, peacefulness, forgiving, kindness, self-esteem. Emotional healing, loss, stress, hurt, fear, resentment, anger. Align mental, emotional, and astral bodies.

Ruby: Infections, cholesterol, blood clots, blood cleansing, impotency. Stimulate circulation, menses, pituitary. Love, courage, confidence, vitality, stamina, strength, leadership, triumph over adversity. Intensify all emotions.

Sapphire: Reducing inflammation, fevers, nosebleeds. Hearing problems, TB, burns. Communication, depression, intuition, clairaudience, mental clarity and calm.

It is suggested that you should never let anyone touch your crystals. Each crystal should be cleansed before use to clear any stored energy by either soaking it or burying it in the ground.

Soaking: Have everything at room temperature. Soak the crystal in one cup sea salt dissolved in one quart of purified or spring water in a glass bowl. Meditate and ask that the crystal be cleared. Soak from 15 minutes to one full day depending upon how many people have touched the stone. Rinse under cool water and dry with cotton or silk.

Burying: Wrap the crystal in cotton, silk, or linen and bury it in a place you feel comfortable. Leave at least 24 hours.

Acquiring Crystals

Crystals start making an impact as soon as you see them or come in contact with them. One can acquire crystals by simply picking one from the mountains, riverside, and other natural areas where they occur. Or one can buy them.

When you are trying to get your crystal, let crystal do the choosing. You will be amazed to know that the crystal meant for you will almost jump up and say "I am

the one for you, please take me". It is as if they are pulling you in their direction. One can liken this to choosing a friend; some people make strong and positive first impression and attract you. Same with crystals – they are your friends for life. Go by intuition and decide on the crystal which appeals to you.

AWAKENING THE CRYSTAL: AN ANCIENT TECHNIQUE

Scrying for Beginners

by Donald Tyson

A highly effective and ancient way to activate the crystal is to treat it as a living thing. Think of it as a spirit child. Each day, feed it with fresh milk, which you should allow to flow over its surface while you hold it in your hand over a bowl or the sink. Wash it with care and polish it with a soft, clean cloth. Talk to it in a loving and intimate manner. Kiss it affectionately. Whisper your secrets to it. Make up a personal name for it. Store your crystal amid fresh flowers and warm it with your body while you lie asleep.

In this way you make the crystal a very desirable home for a familiar spirit, who will take up residence within it and will aid to activate its power when you scry through it. The familiar resident with the crystal acts as your spirit guide and helps you to obtain communications with other spiritual beings. It opens the crystal so that you can see visions.

Crystal for healing spell

3 candles: blue, white, pink

incense (1 part allspice, 1 part rosemary)

paper with name of recipient written in ink

quartz crystal

Place candles on altar in semicircle, with the incense off to the side Place the paper with the person's name in the center, with the quartz crystal on top. Center yourself, and inhale the incense. Gather energy, and when you feel

ready, release the energy, directing it through the crystal to the recipient~

Asthma Bath: (Helps prevent attacks)

3 drops rose

3 drops cedarwood

2 drops bergamot or eucalyptus

Fill tub with very warm water. Add essential oils being sure to close the bathroom door. Swish essential oils with your hand immediately before getting into the tub. Sit and soak for 15-20 minutes.

Breathing Rub useful for Asthma and Bronchitis:

Jojoba - 1 oz

Eucalyptus - 3 drops

Pine 3 drops

Tea tree - 3 drops

Frankincense - 2 drops

Myrrh - 2 drops

Thyme - 2 drops

Blend oils in a clean container such as a 2 ounce PET bottle

- rub on chest and mid back.

A Crystal of Unconditional Love for the Holiday Table by Annie
Berthold-Bond

A whole array of feelings usually present themselves, many of them of course rich and meaningful. But, my experience is that the heart chakra needs help during this time, no matter how serene the family.

Here is a perfect stone to have on a dining room table at any time since it is a stone for the heart chakra, and radiates unconditional love. Who couldn't use some? Everyone from the child who feels left out, to the mother who is working too hard, to a grandmother who is cranky because her arthritis hurts. You can place the stone as a centerpiece, or at each place setting.

Rose quartz is the crystal of unconditional love. It radiates empathy, and it encourages self-love and the ability to love others. It is calming and soft as a presence. The stone is translucent with a pink tone, and is lovely in any setting.

Another good heart centering stone is green tourmaline. Sometimes men prefer green tourmaline to rose quartz. It radiates compassion,

and helps people see with the heart instead of their mind.

Auras (Crystals) 'Auras' in the crystalline sense are clear-quartz crystals which have another element bonded to them at the molecular level, producing a crystal combination which has the characteristics of quartz AND the substance which has bonded.

As the bond is at the molecular level, this is not just a 'pigmentation' or 'dying' of the quartz, but produces something which cannot be removed by rubbing, scraping or scratching, other than by damaging the quartz 'host' crystal itself.

This form of coluration was known to the Mayans, producing colours which have survived the effects of time better than any modern paint!

A range of 'Auras' are shown below, with whatever (limited) information is available. Generally though, these crystals are powerful amplifications of the basic Clear Quartz crystal properties AND the properties of the second substance.

Amber-Aura

Taurus

Chakra: Solar Plexus

Number: 1

Air

Amber-Aura combines Clear Quartz and Bismuth

Amethyst-Aura

Aquarius

Chakra: Crown

Number: 3

Air

Amethyst-Aura combines Clear Quartz and Ferric Iron.

Aqua-Aura

Libra

Chakra: Throat

Number: 5

Water

Aqua-Aura combines Clear Quartz and gold to produce a very intense energy.

The throat chakra is particularly affected, facilitating good communications. It is used to remove negativity on all levels, and to activate other crystals to be used for healing.

Cobalt-Aura

Capricorn

Chakra: Third Eye

Number: 8

Earth

This combination was discovered by accident, producing a very deep 'cobalt-blue' which enhances intuition and creativity. Again, this combination possesses all the characteristics of Clear Quartz, plus those of cobalt.

Emerald-Aura

Virgo

Chakra: Heart

Number: 6

Earth

Emerald-Aura combines Clear Quartz and Tanzanite.

Flame-Aura

Aquarius

Chakra: Base to Throat

Number: 6

Air

Titanium-Aura combines Clear Quartz and Titanium.

Gold-Aura

Capricorn

Chakra: Third Eye

Number: 2

Earth

Gold-Aura combines Clear Quartz and gold, rather like Aqua-Aura, except the gold is a lot more than one micron thick and is a genuine 'coating' instead of a molecular bonding.

Opal-Aura

Cancer

Chakra: All

Number: 7

Fire

This combination cleanses the aura and cleanses and stimulates all chakras.

Ruby-Aura

Capricorn

Chakra: Base

Number: 9

Fire

Ruby-Aura combines Clear Quartz, Gold, and Niobium.

Rousing the Crystal Awakening the Powere within

This is an ancient technique for evoking, or rousing, the power within a crystal. This method is best used on crystals, but any stone can be used by adapting it to the technique. At Lake Nemi and along the coast of Naples, Italian Witches known as Strega have long performed the following ritual:

On the night of the Full Moon wade out into a body of water until you are about waist deep in the water. If possible you should be nude. Seek out a spot where a rock is protruding through the water. If none is found then pick up a rock from the shallow water and carry it with you.

Once you are prepared (standing out in the water) look up at the Full Moon and strike the crystal three times on the rock. Be careful not to damage the crystal as you strike the rock. You don't want to be too gentle or too rough. When performing this technique use the base or blunt end of the crystal. If you carried a rock out with you, drop it into the water where you stood once you had finished. This technique is best applied to awaken the nemen (spirit/consciousness) within a newly obtained crystal, and again later, to awaken any charges that you have set within it. If you have a crystal set into the head of a wand it can be roused with this method also. Another method used by Witches is to hold the crystal up to the Full Moon and strike it three times with the wand. This would also be performed out in the water. If you desire, the appropriate crystals could be roused beneath the Sun. In this case you would not go into the water, and Noon would be the best time to perform the ritual.

According to ancient beliefs, all gems contained a magical stellar charge. Many stones were associated with stars and constellations. This system was the basis for the "birthstone" in astrological lore. The energy of the stars is condensed by the Moon, and directed down on the Earth. This principle also applies to the energy of the planets. Many ancient grimoires contain material containing stones, the stars, and planets. You may wish to consult a book written specifically on this subject for further information.

Common to many ancient cultures was the belief that spirits inhabited stones. Each stone possessed an individual spirit. It was believed that the aid of the spirit could be enlisted through various offerings to the stone spirit. The advantage of using stones magically was that stones seemingly lasted forever. The life force within a stone allows its material form to wear extremely well against the physical elements. Stones possess very strong spirits or numen. The numen is the consciousness of the gem.

The shape of the gemstone is also important for magical purposes. Gems that are pointed, such as the amethyst crystal, are transmitters of energy. Stones that tend to be rounded are collectors, excellent for establishing energy fields. This is very useful for setting up of ritual circles (quarter stones). Pointed stones are excellent for spells that send their energy from one place to another. The ancient ritual circles were set with many small stones placed around the circumference. A crystal or pointed stone was set on the alter, marking the center.

Crescent-shaped stones were considered sacred to the Moon and the

Moon Goddess. The shape that a stone evolves into is caused by the nature of the indwelling numen. The physical elements that shape the stone are merely tools for the numen. Thus a stone shaped like a crescent could possess a spirit who could link the possessor to the forces of the Moon. This stone would then be considered a charm or a talisman.

Zodiacal Table of Gemstones

Sign	Month	Modern	Traditional	Mystical
Aries Mar 21 - Apr 20	April	Diamond	Diamond	Opal
Taurus Apr 21 - May 20	May	Emerald	Emerald	Sapphire
Gemini May 21 - Jun 20	June	Alexandrite	Agate	Amethyst
Cancer Jun 21 - Jul 21	July	Ruby	Ruby, Pearl	Moonstone
Leo Jul 22 - Aug 21	August	Peridot, Jade	Sardonyx	Diamond
Virgo Aug 22 - Sep 21	September	Sapphire	Zircon	Agate
Libra Sep 22 - Oct 22	October	Opal	Sapphire	Jasper
Scorpio Oct 23 - Nov 21	November	Topaz	Citrine	Pearl
Sagittarius Nov 22 - Dec 20	December	Turquoise	Lapis Lazuli	Onyx
Capricorn Dec 21 - Jan 19	January	Garnet	Garnet	Emerald
Aquarius Jan 20 - Feb 18	February	Amethyst	Amethyst	Bloodstone
Pisces Feb 19 - Mar 20	March	Aquamarine	Bloodstone	Jade
Dates for Signs may vary somewhat from year to year				